



Warm-up Guide

The Fruit Song

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Context

The Fruit Song is a fun and energetic warm-up song and is brilliant if you have a large group. The song is primarily a vocal warm-up; however, our groups have come up with some movements for each part of the song to make it both a vocal and a physical warm-up.

The song is made up of three parts and can be sung in three different ways:

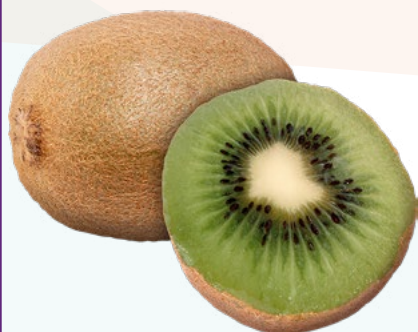
	<p>The simplest way the song can be sung is just as a song, from start to finish.</p>
	<p>A second way is to sing it in three different parts. Split your group into three groups. Group one will sing the 'mango' part of the song. Group two will sing the 'kiwi' part. And group three will sing the 'pineapple, banana' part.</p> <p>This is a great way to introduce singing in parts and also a lovely way to give your group leadership roles in one of the 3 groups.</p>
	<p>The third way of singing the song is as a round. Again, split your group into three groups and each group will sing the song from start to finish.</p> <p>Group one will start. Group two will start once group one change from 'mango' to 'kiwi', and group three will start when group two start to sing 'kiwi'.</p> <p>Again, this is a fun way of introducing leadership skills.</p>

In our accessible warm-up guides we use picture prompts alongside the words to the warm-up to help the group as they learn the song.

You can watch a full version of this warm-up being performed by one of our leaders [here](#).



Mango mango mango a mango
Mango mango mango clap clap



Kiwi kiwi kiwi, kiwi kiwi kiwi
Kiwi kiwi kiwi, kiwi kiwi kiwi



Pineapple, banana pineapple mmm
Pineapple, banana pineapple mmm