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As you call out the name of a fruit, the children holding that fruit should race to exchange places. When you say, "Fruit basket upset!, everyone should get up and race to a new spot. After children get the idea of the game, have one child sit in the middle of the circle to call out the names of the fruit.

[Movements: Fruit Basket Upset!](#)

[himama : learning : child-activities : activity : movements-fruit...](#)

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Instructions

1 Have the group sit in a circle.

2 Assign each player to be an apple, orange, banana, or grape.

3 Have one person start in the middle of the circle. ...

4 Everyone who is that fruit must get out of their seats and find a different seat. ...

5 Whoever doesn't find a seat is now in the middle and will call out the next fruit.