



My Body...

Source: Saskatoon *in motion*

Equipment: words to the song on overhead, PowerPoint slide, or handout
microphone (for large groups)

Space: participants can be seated around a table or in rows
limited space required

How to:

- Explain to participants that "My Body" is sung to the tune of "My Bonnie Lies Over the Ocean".
- Have participants begin by standing in front of their chairs.
- Explain that when they sing a word that starts with a "B", they sit down and at the next "B" word, they stand up, and so on.
- If some participants cannot stand and sit easily, you can have them raise their arms instead.

Song:

Verse 1

My Body lies over the sofa
My Body gets too much TV
My Body is soft as the sofa
Oh Bring Back my Body to me.
Bring Back
Bring Back
Oh, Bring Back my Body to me,
To me!
Bring Back
Bring Back
Oh, Bring Back my activity.

Verse 2

My Body is off of the sofa
My Body is active and free!
My Body has turned off the TV
I'm active and that is the key!
Bring Back
Bring Back
Oh, Bring Back my Body to me,
To me!
Bring Back
Bring Back
Oh, Bring Back my activity.

