



MY BODY...

Verse 1

**My Body lies over the sofa
My Body gets too much t.v.
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 t.v.
I am active and that is the key!**

**Bring Back,
Bring Back,
My Body is Back and healthy, Healthy.**

**Bring Back,
Bring Back,
My Body is active daily!**

Instructions:

This is an active song that is sung to "My Bonnie Lies Over the Ocean!"

Participants begin by standing in front of their chairs.

As soon as they sing a word that starts with a "B", they sit down. At the next "B" word, they stand up, and so on.

If space is an issue or if this is difficult for some, raise your arms instead of standing up!