



Active Minds Active Bodies



My Body Lies Over the Sofa

***My body lies over the sofa
My body watches too much TV
My body lies over 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 body to me.***

- Sing to the tune of My Bonnie Lies Over the Ocean
- Begin by sitting in a chair.
- Each time you sing a “b” sound, stand up or sit down
- Variation: sing slowly and then sing a second time more quickly