

My Bonnie

Number of People	Approximate Time	Items Required
Unlimited	Less than 3 minutes	—

This exercise helps to restore energy after a heavy discussion or heavy concentration on a subject.

Using the song “My Bonnie,” people stand up or sit down with each B used in the song. The song is:

My Bonnie lies over the ocean, my Bonnie lies over
the sea, my Bonnie lies over the ocean, so Bring Back
my Bonnie to me, Bring Back, oh Bring Back, oh
Bring Back my Bonnie to me.

Repeat the song three times and each time sing it faster than the last.