

My Bonnie Lies Over the Ocean

Inclusion

PROCESS

- Describe that the purpose of this activity is to promote energy for the next portion of the meeting.
- Lead the group in singing “My Bonnie Lies Over the Ocean.” When the letter *B* is used in the song, stand if you have been seated, and sit if you have been standing.

ALTERNATIVES

- None

TIPS

- Advise members to take care of any physical needs during the activity. Protect your knees and back.