

## My bonnie

Level: All levels

Ages: all ages

Time 5 – 10 minutes

Materials: none

Purpose: a bit of fun Description

I first witnessed this activity some years ago at an NLP conference in Edinburgh conducted by Jane Revell (to whom thanks – I’ve used it on many occasions since).

### Method:

Step one – the teacher divides the class down the middle of the room into two groups.

Step two – the teacher tells the class they are going to sing a song – “My Bonnie”

Step three – if the song is unfamiliar to the students they should rehearse it once with the teacher.

Step four – the teacher instructs the group on the right to stand up and the group on the left to be ready to stand up.

Step five – the teacher explains that every time they reach a “b” in the song, anyone who is standing must sit down and anyone who is sitting down must stand up.

Step six – sing the song together and enjoy the chaos!

### *The words of My Bonnie*

*My Bonnie lies over the ocean*

*My Bonnie lies over the sea*

*My Bonnie lies over the ocean*

*Oh! Bring back my Bonnie to me.*

*Bring back,*

*Bring back*

*Oh! Bring back my Bonnie to me, to me.*

*Bring back,*

*Bring back*

*Oh! Bring back my Bonnie to me.*

(My Bonnie probably means my darling)

Anticipated problems: Not an activity for the inhibited or the faint-hearted but second to none as a warmer.