

Time to rest

Aim: to promote relaxation through listening to music.

The musical score is written in 3/2 time and consists of two systems. The first system includes the following lyrics: "Now it's time to rest, by stay - ing still, and". The second system includes the following lyrics: "listen-ing to the mu - sic play - ing." The score is written for piano with a treble and bass clef. Chord symbols are placed above the notes: C, F, Dmin, G, Emin7, Amin, Dmin, Dmin/F, G, Csus2, and C. The piece concludes with a double bar line and repeat dots.

This song can be used in conjunction with other relaxation techniques. When used as part of a formal music session, the song may be used consistently to introduce other relaxing music, and to indicate the the session will ending shortly.