

Rest

By Janet Channon

When I need to rest and I'm not very tired,
When I need to rest and I'm still wide awake,
When I need to rest, I have a cunning plan,
When I need to rest, these are the steps I take.

I tell my feet, feet you are weary,
I tell my feet, weary to the max,
I squeeze them up,
Squeeze them very tightly,
Squeeze them, squeeze them,
And then relax.

I tell my legs, legs you are weary,
I tell my legs, weary to the max,
I squeeze them up,
Squeeze them very tightly,
Squeeze them, squeeze them,
And then relax.

When I need to rest and I'm not very tired...

I tell my arms, arms you are weary,
I tell my arms, weary to the max,
I squeeze them up...

I tell my shoulders, shoulders you are weary,
I tell my shoulders, weary to the max,
I squeeze them up...

When I need to rest and I'm not very tired...

I tell my face, face you are weary,
I tell my face, weary to the max,
I squeeze it up...

I tell my body, body you are weary,
I tell my body, weary to the max,
I squeeze it up...

When I need to rest and I'm not very tired...

Breathe in, slowly, hold it, breathe out, softly,
Breathe in, slowly, hold it, breathe out, softly,
Keep breathing, softly,
Keep breathing, softly.



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