

**A Kid's Guide to Relaxation & Sleep** – original song by Noel Anderson, MMT, MT-BC

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D Dmaj7  
When it is nighttime I lay in my bed.  
G A7  
When people lay in bed they relax.  
D Dmaj7 G A7  
I can put on my calm music. Quiet music can help me feel relaxed.

G F#m G F#m  
I can close my eyes and take a deep breath.  
G F#m G A7  
I breathe in my nose and out of my mouth.

D Dmaj7 G A7  
Sometimes I might think about my toys and want to get out of bed.  
D Dmaj7 G A7  
I can take another slow deep breath and feel my belly go up and down.

G F#m G F#m G F#m G A7  
I breathe in ,2,3,4. Then hold my breath ,2,3,4. I breathe out and count down 1,2,3,4.

D Dmaj7 G A7  
As I take a big deep breath I may start to feel sleepy.  
D Dmaj7 G A7  
If any thoughts come in my head, I can take a breath and feel my belly go up and down.

G F#m G F#m  
I can close my eyes and take a deep breath.  
G F#m G A7  
I breathe in my nose and out of my mouth.

D Dmaj7 G A7  
I can tell myself it's time for bed and there is no other place I need to be.  
D Dmaj7 G A7  
I feel my body relax and become warm. I feel more comfortable.

G F#m G F#m  
I can close my eyes and take a deep breath.  
G F#m G A7  
I breathe in my nose and out of my mouth.

D Dmaj7 G A7  
I will practice relaxing and falling asleep so I can feel happy and healthy