

Relax And Let Us Rest A Bit

by Bobby Susser

Purpose: Children are taught that there is a time to Rest And Relax.

- 1. This track may be played during rest, and/or nap time.*
- 2. Children may discuss that there is a time for exercise, and play, but also a time for rest.*

We've done our exercise for the day
We've done our exercise for the day
Now let us rest a bit
Let us rest a bit
Relax and let us rest a bit

Instrumental.

Now let us rest a bit
Let us rest a bit
Relax and let us rest a bit