

# Winter Session Plan: “Sounds of the Season”

*Intervention #5: Relaxation Song  
by Gina Lane, MT-BC*

## Intro:

**C/A**      **C**      **C/A**      **C**

**C/A**      **C**      **C/A**      **C**

Hum, hum, hum. Hum, hum, hum.

**C/F**

**C**

**C/F**

Let's share a song, as the snow drifts down, let's share a song

## Chorus:

**C**

And listen to the sounds of the season,

**C/F**

And listen to the sounds of the season

**C/A**      **C**      **C/A**      **C**

Hum, hum, hum. Hum, hum, hum.

## Verse 1:

**C/F**

I hear my voice singing with you

**C**

**C/F**

I see a friendly face here with me

**C**

**C/F**

I feel cozy inside on this winter day

**C/A**

**Verse 2:**

**C/F** **C**  
I hear the logs on the fire, they're crackling  
**C/F** **C**  
I see the bright golden flames, they're dancing  
**C/F** **C/A**  
I feel the warm cozy glow, it's comforting

**Verse 3:**

**C/F** **C**  
I hear a hush outside, that the snow brings  
**C/F** **C**  
I see the glittering flakes as they're falling  
**C/F** **C/A**  
I smell the evergreen of the pine trees

**Outro:**

**C/F**  
Let's take a breath (inhale)  
**C**  
As the snow drifts down (exhale)  
**C/F**  
Let's take a breath (inhale)  
**C**  
As the snow drifts down (exhale)