

Chorus

F Am G
 It's OK if you're not feeling OK,
 F Am C G
 It's OK if you're not feeling your very best today,
 F Am G
 It's OK if you're not feeling OK,
 F F#dim G
 You don't have to keep these feelings locked away,
 F G7 C
 Please just say.

Bridge

F
 Remember it's not only you,
 G7(sus4) F
 We all have moments feeling blue,
 G7(sus4)
 Find what keeps you calm and cool,
 F
 Whatever works for you:

Listen to music!

G7(sus4)

Talk to a friend! (Or even a grown-up)

F

Do something you love!

G7(sus4)

Just sing this song! (Maybe make your own words up)

F

Stop for a minute, take a break!

G7(sus4)

Look out the window, draw what you see!

F

C

Write down your feelings, keep them somewhere safe!

G

G7

Write a kind letter, addressed to 'Me'.

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