

# HOW YOU FEEL



**Sometimes I feel happy  
Like I could touch the sky  
Sometimes I feel grumpy  
So sad that I just sigh  
Sometimes when I feel angry  
I stop and count to ten  
Makes it a lot  
less scary  
When someone  
holds my hand**



Happy or you're sad  
These emotions are for real  
Anxious or real mad  
It's ok to feel





**How you feel, hey!**

**It's ok to feel how you feel**

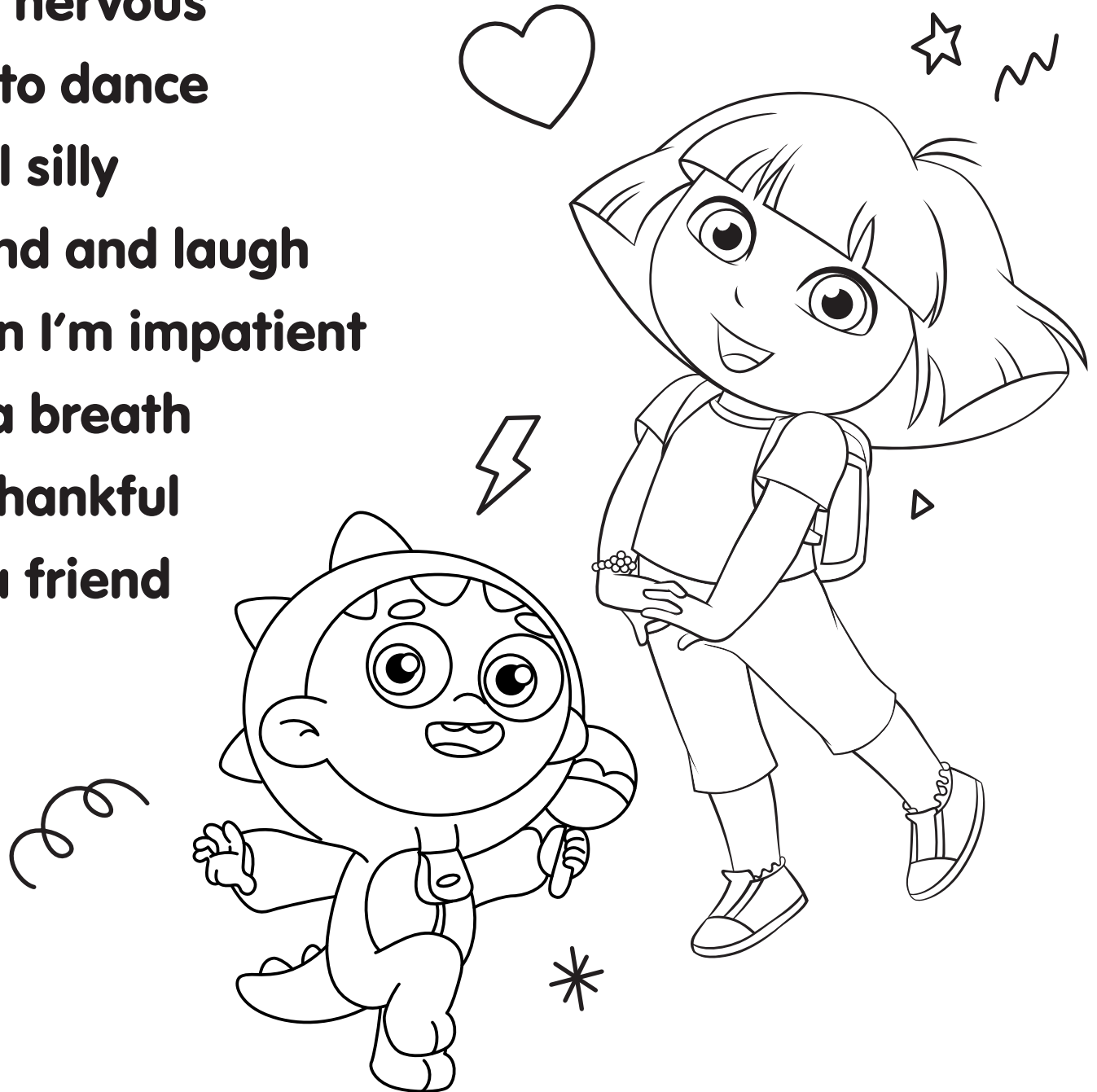
**It's ok to talk about how you're  
Feeling any day, oh in every way**

**How you feel**

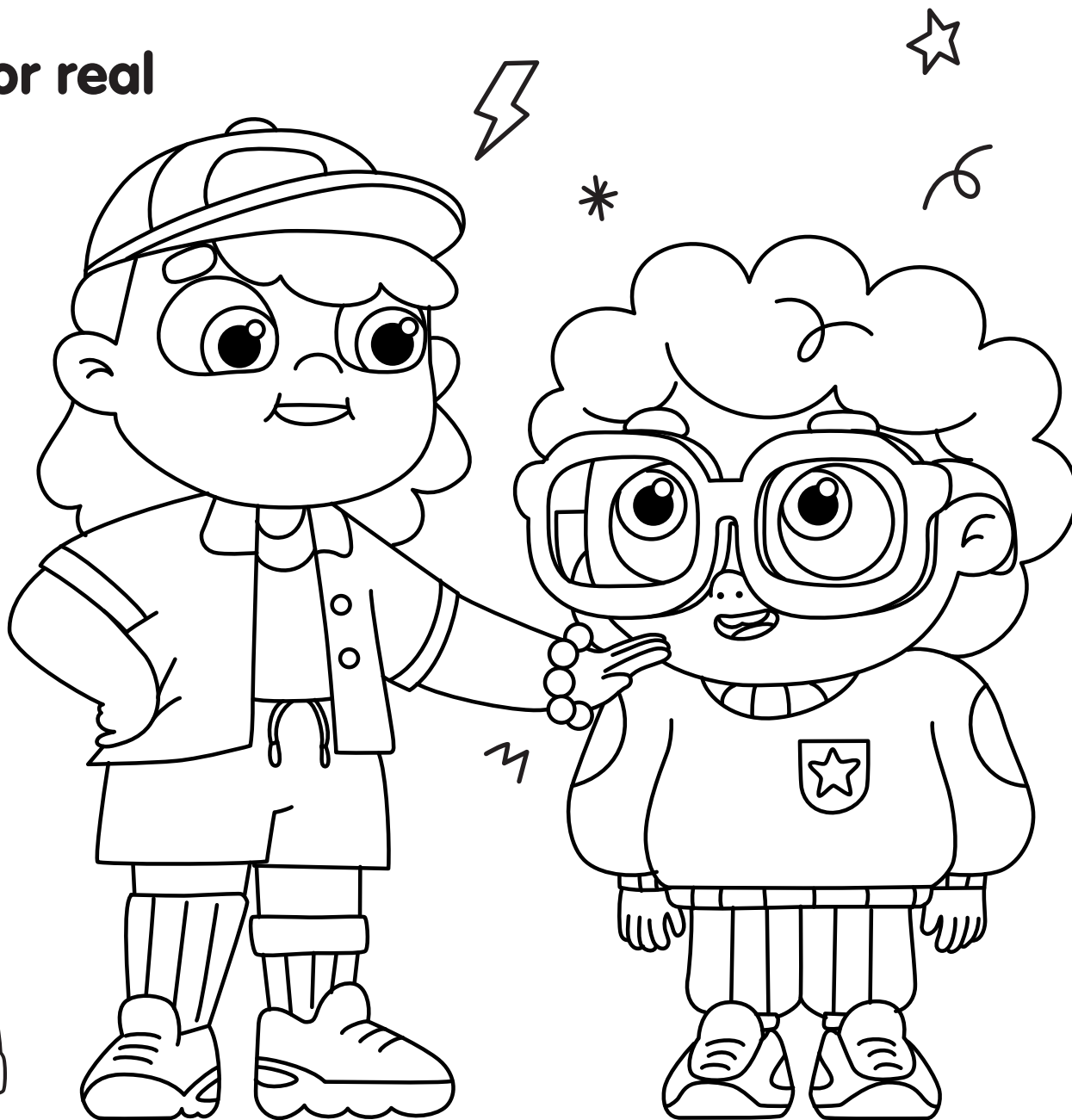
**It's ok to feel how you feel**



**Sometimes I get nervous  
My heart starts to dance  
Sometimes I feel silly  
Roll on the ground and laugh  
Sometimes when I'm impatient  
I stop and take a breath  
But I'm always thankful  
To know I have a friend**



**Worried or confused**  
**These emotions are for real**  
**When you're asked**  
**'how are you?'**  
**It's ok to say how**  
**you feel**



How you feel, hey!  
It's ok to feel how you feel  
It's ok to talk about how  
you're  
Feeling any day, oh in  
every way  
How you feel  
It's ok to feel  
How you feel, hey!  
It's ok to feel how you feel



**It's ok to talk  
about how you're  
Feeling any day,  
oh in every way  
How you feel, hey!  
It's ok to feel how  
you feel**

