

It's OK (Please Just Say)

Verse 1

I can't quite put my finger on it,
Maybe I don't even know the word,
Maybe lonely, or just down,
A little miss you being around,
But today my smile is hanging upside down.

Chorus

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

Verse 2

When everything seems like it has changed,
Even things I thought were certain,
When open doors have all been closed,
All the yeses turn to nos,
Feels like we've been living behind a curtain.

Chorus

It's OK if you're not feeling OK,
It's OK if you're not feeling your very best today,
It's OK if you're not feeling OK,
You don't have to keep these feeling locked away,
Please just say.

Bridge

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

Listen to music!

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

Do something you love!

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

Stop for a minute, take a break!

Look out the window, draw what you see!

Write down your feelings, keep them somewhere safe!

Write a kind letter, addressed to 'Me'.

Chorus

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