I see that you are feeling sad today
And that’s ok, that’s ok
Because it’s hard to know what’s going on.
It’s hard to know what’s going on outside
It’s hard to understand what’s going on.
It’s ok to be sad, please know that you are safe.

I see that you are feeling mad today
And that’s ok, that’s ok
Because it’s hard to know what’s going on.
It’s hard to know what’s going on outside
It’s hard to understand what’s going on.
It’s ok to be mad, please know that you are safe.

I see that you are feeling happy today
And that’s ok, that’s ok
Because it’s hard to know what’s going on.
It’s hard to know what’s going on outside
It’s hard to understand what’s going on.
It’s ok to be happy, please know that you are safe.