



HARMONY GARDEN

MUSIC THERAPY

Lyric & Chord Sheet

“You Are Safe”

Jaime Lawrence, MT-BC

A song for coping with COVID-19/Coronavirus

C
I see that you are feeling sad today
F G C
And that's ok, that's ok

C F G Am
Because it's hard to know what's going on.
F G Am
It's hard to know what's going on outside
F G C Am
It's hard to understand what's going on.
F G F G C
It's ok to be sad, please know that you are safe.

C
I see that you are feeling mad today
F G C
And that's ok, that's ok

C F G Am
Because it's hard to know what's going on.
F G Am
It's hard to know what's going on outside
F G C Am
It's hard to understand what's going on.
F G F G C
It's ok to be mad, please know that you are safe.

F G Am
You are my friend.
F G C
You are my friend.
F G C F
You are forever my friend.
G C
Near or far, it's ok and you are safe.

C
I see that you are feeling happy today
F G C
And that's ok, that's ok

C F G Am
Because it's hard to know what's going on.
F G Am
It's hard to know what's going on outside
F G C Am
It's hard to understand what's going on.
F G F G C
It's ok to be happy, please know that you are safe.

F G Am
You are my friend.
F G C
You are my friend.
F G C F
You are forever my friend.
G C
Near or far, it's ok and you are safe.