

It's OK (Please Just Say)

by Susan Sinclair & Adam Sinclair

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 my friends in town,
But today my smile is hanging upside down.

**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.**

When everything feels 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 livin' behind a curtain.

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Please just say.**

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 grownup.
Do something you love.
Just sing this song, and 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, send it to a friend.*

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