

♫ ***IT'S OK TO FEEL (2:14)*** ♫

https://www.youtube.com/watch?v=MSaRqMikCmM&list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E&index=5

Song #5 on album *Caring and Capable Kids, Vol. 2*

YouTube link for album

https://www.youtube.com/playlist?list=OLAK5uy_kw6aTs5dEm_UxrS59m1RBnyW8zCDMLZ7E

Amazon.com link for album

<https://www.amazon.com/Caring-Capable-Kids-Vol-2/dp/B08H4JH4M7>

Think and Share Invitations

Suggested introduction: Someone may have told you, "Don't feel angry ... or sad... or scared..." or "You shouldn't feel...". They may have been concerned about what you might do while angry, and maybe they were uncomfortable dealing with your feelings. Actually, it is important -- and healthy -- for each of us to be honest with ourselves about how we're feeling, and why.

- * Think and share about a time when you did identify your own uncomfortable feelings, and dealt with them without hurting anyone because of how you were feeling.
- * Where in your body do you feel the emotions in the song? (angry, sad, scared, jealous)
- * What are some healthy ways to dealing with uncomfortable feelings?

PLEASE NOTE: Lyrics in parentheses are sung by a second singer.

1

It's OK... (Yes, it's all right.)
to feel angry,... (Y'know, I get so mad!)
And it's OK... (Don'tcha know, it's all right!)
to feel sad. (You can cry---it may help.)
And it's OK.. (And really normal, too...)
to feel scared, or jealous, or blue,
But it's not OK to hurt someone
because of how you feel!
No, it's not OK... (No, it's never OK!)
to hurt someone... (Use your self-control!)
because of how you feel!

2

When I used to feel... (like we all often do)
uncomfortable feelings, (like anger or fear)
I tried to pretend... ('Cause those feelings scared me!)
that everything was just fine; (but it wasn't---not at all)
But then I found... (with my tummy tied in knots)
I took it out on family and friends!
So now I take that anger and turn it into energy to do someone some good!
Now I take that anger and turn it into energy to do someone some good!

3

Some people may say, (Yes, some may say...)
"Oh, don't be angry." ("Don't get so mad!")
And some may say, (They may also say...)
"Oh, you mustn't be sad." ("Keep those tears inside!")
I've heard others say, (And others may say...)
"You shouldn't be scared or
jealous---what's wrong with you?"
But my feelings are mine, I've got a right to feel 'em,
And I can't just wish them away.
Yes, my feelings are mine, I've got a right to feel 'em,
And I can't just wish them away.

REPEAT VERSE 1, BEGINNING WITH "Yes..."

Lead Singer and Producer Patricia Mikkelsen Words and music copyright 1990 by Linda K. Williams

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CaringandCapableKids.com <https://caringandcapablekids.com/>

Dedicated by LKW to Alta Bantz, who respected and validated my feelings. Thanks!