

Sometimes I feel a little blue,  
very sad and anxious too.  
In times like these I just don't know,  
who to ask or where to go.



I get nervous, scared or sad,  
When things are new and I'm feeling bad.  
And maybe you have felt this too,  
So, come with me to talk this through.



Sometimes it's hard to sleep at night,  
'cause creepy crawlly things cause fright.  
My Mimi says, "let's check the bed,"  
and reminds me that it's safe instead.

