

I Can Do Hard Things

Narwhals & Waterfalls

C

F C

Has there ever been something that felt really hard to do

F C

Like riding a bike or tying your shoe?

F C

Sometimes I have to remind myself I'm stronger than I think

F C

I can do hard things even when I feel weak

Chorus

C G F G C

I can do, I can do, I can do hard things

C F C

Sometimes it's really hard to do the right thing

F C

Like standing up for someone who's getting bullied

F C

But your voice matters and makes a difference in this world

F C

It's time to step up and let your voice be heard!

Chorus

C F C

Sometimes I don't feel confident or brave

F C

And I feel lonely, sad, upset, or afraid



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It's good to ask for help if we don't know what to do

F

C

G

Take a deep breath in and listen for the voice inside of you saying

Chorus

What's something that's hard for you???

We're all good at different things

We can be kind to ourselves and others when we don't get it right.

And help each other out when someone is having a hard time.

Let's practice!

Bridge

G

F C

It's alright if I make a mistake, I'll just give myself a big hug

G

F

C

And try again another day and show myself some love

G

F

C

If I don't get it right away I'll give myself a pat on the back

G

F

C

And know I am loved anyway and that I'm on the right track

G

F

C

If your friend makes a mistake, give them a big high five

G

F

C

And say "You're so brave for trying! You'll get it next time!"

