

Sing Yourself Happy

Do, do, do, do, do, do, do. x2

When times are hard and you're feeling down,
You might feel like you just want to frown,
But smiling takes all your cares away -
It's something you should do ev'ry day.

And when you do you'll feel better
And things they won't seem as bad.
So take that frown, turn it upside down
And you'll be glad that you had.

And sing yourself happy
And sing yourself happy
And sing yourself happy, happy -
Spread some joy around!

You might feel lonely, you might feel sad,
You might feel angry and oh so mad!
So take a moment to think things through
And ask yourself why you're feeling blue.

And when you do you'll feel better
And things they won't seem as bad.
So take that frown turn it upside down
And you'll be glad that you had.

And sing yourself happy
And sing yourself happy
And sing yourself happy, happy -
Spread some joy around!

Sunshine and ice-cream, my dog and my cats,
My brother, my sister, though they drive me bats!
My lego, my Xbox, my teddy bear, Patch,
And football, and hockey - I love a good match!

Just some of the things that make me feel glad,
When I'm feeling blue, unhappy and sad.
So listen up now, I'm talking to you!
When you're feeling blue, you know what to do.

You sing yourself happy,
You sing yourself happy,
You sing yourself happy, happy.
Spread some joy around!

You sing yourself happy,
You sing yourself happy,
You sing yourself happy, happy.
Spread some joy around,
Spread some joy around,
Spread some joy around!