

Be You

You're one of a kind
Got the world at your feet
Amazing, just great,
Special, unique!
Never think there's a time that you're not
Don't sell yourself short
Or put yourself down
Smile your best smile
To wipe off that frown
And give every day your best shot

Chorus

Be you, just be you
You don't need to change into someone new
Hey you, just be you
Don't lose sight of whatever you want to do
Sing this important refrain
Over and over again
For it's true

Talk it out with a friend
Talk with someone you trust
When problems arise
To do this is a must
There are always people who care
Your wellbeing is what
Makes you mentally strong
Take away what's been said
In the words of this song
It's a message we all need to share

Chorus

Bridge

We can work together
Those around us, you and me
Look after each other
As a whole community

Chorus x 2, repeat first 2 lines to end.