**5 ways to make you feel better -**

**GHLL & The Music Works**

**Intro:**

**C Em**

Sometimes life can feel a bit hard

  **F Am**

Sometimes life can feel a bit blue

**C Em**

There are 5 things that you can do,

 **F G**

And we are here to sing them with you

**Verse 1**

**Spoken: CONNECT!**

**C**

Share how you feel, smile for someone

**F**

Listening’s key, and to pass your smile on

**Am**

Take some time, to make a friend

**G**

That’s what helps us through

**Spoken: BE ACTIVE!**

**C**

Go for a run, jump up and down

**F**

Play in the sun, If you’ve got a frown

**Am**

Dance and around, laugh and sing,

**G**

That’s what helps us through

***CHORUS***

 **C**

These are the 5 ways, to make you feel better

 **F**

These are the 5 ways, to make you feel good

 **Am**

These are the 5 ways, to make you feel better

**G C**

Connect, be active, notice, learn and give

**Verse 2:**

**Spoken: NOTICE!**

**C**

Look all around, what can be found?

**F**

Notice a sound, be here and now

**Am**

Breathing in, breathing out

**G**

That’s what helps us through

**Spoken: LEARN!**

**C**

Take it all in, What’s new today?

**F**

let the learning begin, you’ve got something to say

**Am**

Open your mind, feel inspired

**G**

That’s what helps us through

***CHORUS***

 **C**

These are the 5 ways, to make you feel better

 **F**

These are the 5 ways, to make you feel good

 **Am**

These are the 5 ways, to make you feel better

**G C**

Connect, be active, notice, learn and give

**Breakdown:**

**Spoken: GIVE!**

*Musically quieter...*

**C**

Always be kind, lend a helping hand

**F**

Give some time, show you understand

**Am**

Show you care by being there

**G**

Thats what helps us through

**Bridge:**

Am

Notice, learn and give (CONNECT/BE ACTIVE)

F

Notice, learn and give (CONNECT/BE ACTIVE)

C

Notice, learn and give (CONNECT/BE ACTIVE)

 G

Notice, learn and give (CONNECT/BE ACTIVE)

***CHORUS***

 **C**

These are the 5 ways, to make you feel better

 **F**

These are the 5 ways, to make you feel good

 **Am**

These are the 5 ways, to make you feel better

**G C**

Connect, be active, notice, learn and give