

# We Check In

Music by Shawn Forster  
Lyrics by Shawn Forster  
and Beth Amuso

$\text{♩} = 84$

The musical score consists of three staves of music in 4/4 time with a key signature of two sharps. The tempo is indicated as  $\text{♩} = 84$ . The lyrics are integrated into the music, appearing below the notes. The first staff begins with a rest followed by a melodic line. The second staff starts with a D chord. The third staff starts with a D chord. The lyrics "We check" appear at the end of the first staff. The second staff contains the lyrics "in with our-selves." and "We check in with each other." The third staff contains the lyrics "We can change our minds to feel safe with one another. What". Chords labeled include D, A/C♯, G/B, and A.

We check

D A/C♯ G/B A D A/C♯ D

5 in with our-selves. We check in with each o - ther.

D A/C♯ G/B A

7 We can change our minds to feel safe with one a - no - ther. What

D A/C♯ G/B A

9

might be o - key yes - ter-day may not be to - day.  
Check  
3

D      A/C♯      C      G

11

in with you, check in with me. We all say what's o - key!  
Check  
3

D      A/C♯      C      A/C♯      D

14

in with your - self,- it's so im - por - tant to do.  
When we

D      A/C♯      G/B      A

16

lis - ten to our bo - dies, we will hear what is true. When you're

D A/C♯ G/B G/A

18

sure how you tru - ly feel, use your words to share with o - thers so

D A C G/B

20

they know what is real.. Am I fee-ling safe? Am I ha - ving fun? Trust what you

Bm A D A/C♯

22

feel and don't be scared to tell some - one. We check  
G A7

24

in with our - selves. We check in with each o - ther.  
D A G/B A

26

We can change our minds to feel safe with one a - no - ther. What  
D A/C# G/B A

28

Sheet music for measures 28-29. The vocal part consists of eighth-note patterns. The piano part features chords in D, A/C♯, C, and G. The lyrics are: "might be o - kay yes - ter - day may not be to - day.\_ Check". The piano accompaniment includes sustained notes and eighth-note chords.

30

Sheet music for measures 30-31. The vocal part continues with eighth-note patterns. The piano part changes chords to D, A/C♯, C, A/C♯, and D. The lyrics are: "in with you, check in with me. We all say what's o - kay!\_ Check". The piano accompaniment includes sustained notes and eighth-note chords.

33

Sheet music for measures 33-34. The vocal part consists of eighth-note patterns. The piano part features chords in D, A/C♯, G/B, and A. The lyrics are: "in with your friends to make sure they're o - kay.\_ Re -". The piano accompaniment includes sustained notes and eighth-note chords.

35

mem - ber how they feel can change day by day. Be-ing a good

D            A/C♯            G/B            G/A

37

friend means u - sing your eyes and ears. Look and lis-ten hard as things may be

D            A/C♯            C            G/B

39

diff'-rent than they ap - pear. Do they feel safe? Are they ha-ving fun? Look for

Bm            A            D            A/C♯

41

clues to know it's good— for e - v'ry one. We check

G A7

This musical score page contains two staves of music. The top staff is for the treble clef voice, and the bottom staff is for the bass clef voice. The key signature is two sharps. Measure 41 starts with eighth-note pairs in the treble clef, followed by a breve rest, then eighth-note pairs again. The bass clef staff has a continuous eighth-note pattern. Measure 42 begins with a G chord in the treble clef, followed by a bass note. The bass clef staff continues its eighth-note pattern. The lyrics "clues to know it's good— for e - v'ry one. We check" are written below the notes.

43

in with our-selves. We check in with each o - ther.\_

D A/C# G/B A

This musical score page contains two staves of music. The top staff is for the treble clef voice, and the bottom staff is for the bass clef voice. The key signature is two sharps. Measure 43 starts with eighth-note pairs in the treble clef, followed by a breve rest, then eighth-note pairs again. The bass clef staff has a continuous eighth-note pattern. Measure 44 begins with a D chord in the treble clef, followed by a bass note. The bass clef staff continues its eighth-note pattern. The lyrics "in with our-selves. We check in with each o - ther.\_" are written below the notes.

45

We can change our minds to feel safe with one a - no - ther. What

D A/C# G/B A

This musical score page contains two staves of music. The top staff is for the treble clef voice, and the bottom staff is for the bass clef voice. The key signature is two sharps. Measure 45 starts with eighth-note pairs in the treble clef, followed by a breve rest, then eighth-note pairs again. The bass clef staff has a continuous eighth-note pattern. Measure 46 begins with a D chord in the treble clef, followed by a bass note. The bass clef staff continues its eighth-note pattern. The lyrics "We can change our minds to feel safe with one a - no - ther. What" are written below the notes.

47

might be o - kay yes - ter - day may not be to - day.\_ Check

D                    A/C#                    C                    G

49

in with you, check in with me. We all say what's o - kay! Check

D                    A/C#                    C                    A/C#                    D

52

*rit.*

in with you, check in with me. We all say what's o - kay!

D                    A/C#                    C                    A/C#                    D

8