

We Check In

Music by Shawn Forster
Lyrics by Shawn Forster
and Beth Amuso

$\text{♩} = 84$

D A/C# G/B A D A/C# D

We check

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 - kay yes - ter - day may not be to - day... Check

D A/C# C G

11

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

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

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

D A/C# C G

30

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

D A/C# C A/C# D

33

in with your friends to make sure they're o - kay. _ Re-

D A/C# G/B A

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

43

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

D A/C# G/B A

45

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

D A/C# G/B A

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