

# "IF YOU'RE WORRIED AND YOU KNOW IT"

*to the tune of "If You're Happy and You Know It"*

ROB  
TEID

If you're worried and you know it  
Hug yourself.  
If you're worried and you know it  
Hug yourself.  
If you're worried and you know it  
Then your face will surely show it.  
If you're worried and you know it  
Hug yourself.

If you're sad and you know it  
Cry "Boo-Hoo."  
If you're sad and you know it  
Cry "Boo-Hoo."  
If you're sad and you know it  
Then your face will surely show it.  
If you're sad and you know it  
Cry "Boo-Hoo."

If you're blue and you know it  
Dance away!  
If you're blue and you know it  
Dance away!  
If you're blue and you know it  
Then your body will surely show it.  
If you're blue and you know it  
Dance away!

If you're happy and you know it  
Clap AND dance.  
If you're happy and you know it  
Clap AND dance.  
If you're happy and you know it  
Then your face and body will show it.  
If you're happy and you know it  
Clap AND dance.