

“Born to Shine” lyrics

One, two, ready, go.

(Chorus)

We are the dreamers
wake up and see us.
We are, yes, we are.
We are the dreamers,
Wake up and see us
We are the ones who were born to shine
with hearts full of hope and healthy minds

(Hook)

Breathe in the new day, you can do it
It's as simple as in and out.
Take a deep breath in tune with the music,
in through the nose and out through the mouth.

(Verse 1)

Have you ever had a feeling that was too big to share?
And you might have wondered how it even got there
and it made you mad, sad or scared.
And you have the thought, “Does anybody care?”
Well, you're not alone. You're part of a crew.
It's a human thing. It's not just you.
It's a common thing we all go through.
So find a safe person that you can talk to
'cause momma always said there'll be days like this
when your feelings and thoughts are tied in a knot
and you're not sure how to untangle the twist.
Well, here's a couple of things I was taught.
Take a little walk, take a quick break,
come back to it with a fresh mind state.
Some things can wait If you're feeling frustrated,
you can take a break and come back to it later.
When I fall down, I get up again,
take a deep breath and I count to ten
yeah, I'll take a belly breath in and out
in through the nose and out through the mouth.

(Hook)

Take a deep breath.
You can do it. In then out.
Take a deep breath in tune the music,
in through the nose, out through the mouth.



(Chorus)

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wake up and see us.

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(Hook)

Take a deep breath, now.

You can do it. In then out.

Take a deep breath

and we gonna get through it,

in through the nose and out through the mouth.

(Verse 2)

Have you ever had a dream

'bout what you want to be?

things you want to do?

places you want to see?

Do you share those thoughts with your family

or write them in your journal Like Dear Diary?

When my mind is buzzing like bees in a hive

and I have lots of thoughts at the same time,

I pick one thing that I'm thankful for,

like fresh air coming through an open door

or sunbeams shining through a gap in the clouds

or a song that I love and can sing out loud.

Then I dance around till I'm out of breath.

Then I'll take a quick rest and I get refreshed because

(Chorus)

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