

Sesame Street, It's All Right To Cry

It's all right to cry
Crying gets the sad out of you
It's all right to cry
It might make you feel better

Raindrops from your eyes
Washing all the mad out of you
Raindrops from your eyes
It's gonna make you feel better

It's all right to feel things
Though the feelings may feel strange
Feelings are such real things
And they change and change and change

Sad and grumpy
Down-in-the dumpy
Snuggly, huggly
Mean and ugly

Sloppy, splappy
Hoppy, happy!
Change and change and change

It's all right to feel things
Though the feelings may feel strange
Feelings are such real things
And they change and change and change

It's all right to know
Feelings come and feelings go
It's all right to cry
It might make you feel better

Spoken: It's all right to cry, little boy
I know some big boys that cry too