

The Worry Wizard Song

Worry Wizard, who are you?
You make me feel afraid
You whisper, in my ear and I don't feel so brave
You tell me to check my locker, check my work
And check my hands are clean
I'm checking oh so many times
That I would like to scream
Worry Wizard, who are you
You make me feel afraid
You whisper, in my ear, and I don't feel so brave
If I don't do what you say, will all my fears come true
I've got to ignore you, so this is what I'll do
I will not pay attention; I will try to not give in
But maybe just this time, I hate it when you win
Worry Wizard, who are you? You make me feel afraid
You whisper, in my ear, and I don't feel so brave
You will not be the boss of me, and give me so much
doubt
You wear me out with so much work
I'd like to scream and shout
I feel afraid when you are near in your cloak and you're
so tall
Maybe underneath that cloak, you're not so bad at all
Worry Wizard, who are you, you make me feel afraid
You whisper, in my ear, and I don't feel so brave
I'll ignore what you are telling me
And find out who you are
I'm going to stand up for myself
You won't get very far
So when I ignore you, you're really very weak
You really have no power, you're really very meek
And now I've won this battle
Do not try to win again
I will not pay attention
I've made bravery my friend
Worry Wizard, I know you, I am not scared of you
Worry Wizard, now that I know you
My worries are few

The Balloon Song

If you were a balloon what color would you be?
Now pick your favorite color and think of what you'd
see
Make believe you're flying high way up in the sky
and feel the gentle breeze carry you on by.
For as you feel the lightness of floating through the
air
nothing can bother you
you do not have a care
The clouds are so pretty
so fluffy, soft and free.
A bird is soaring by
he looks happy as can be.
All you hear is the gentle breeze blowing past your ear
there's nothing to be afraid of
there's nothing to fear.

Nothing Bad Will Happen

I didn't check my homework twice and didn't count to
three
I didn't wash my hands four times and now they feel
dirty
I ignored that voice inside my head that told me to do
these things
I'm afraid that something bad will happen, and so I'm
gonna sing
Nothing bad will happen, nothing bad will happen
Nothing bad will happen to me
I didn't listen to the voice in my head
And nothing bad will happen to me
I'll ignore what my thoughts are telling me
The words I don't want to hear
And when the thoughts make me feel afraid
This song will take away my fear
And the song is....
Nothing bad will happen, nothing bad will happen
Nothing bad will happen to me
I didn't listen to the voice in my head
And nothing bad will happen to me
(instrumental)
I want to sing these words out loud, whenever
thoughts bother me
By singing out I feel stronger, and I feel free
And the song is....
Nothing bad will happen, nothing bad will happen
Nothing bad will happen to me
I didn't listen to the voice in my head
And nothing bad will happen to me
And the song is....
Nothing bad will happen, nothing bad will happen
Nothing bad will happen to me
I didn't listen to the voice in my head
And nothing bad will happen
I might as well be nappin'
cause nothing bad will happen to me

Dirt Don't Hurt

Sometimes when I touch things like a doorknob, faucet
or floor
I feel so gross and dirty, my anxiety will soar!
How can I make things cleaner, so I don't feel so
grossed out
And when I clean it really good, I still have so much
doubt!
There's so many germs on my hands right now, and I'm
sure they're on my face
Maybe they're headed towards my feet.
They're probably having a race
Why do I let this bother me, I think about it every day
Germs are not so bad at all, and so I'm gonna say
Dirt don't hurt
What can it do to me
Dirt and germs help make me stronger
By building immunity
I'm not gonna let germs bother me, they're all over
everything
I want to run and feel free, and so I'm gonna sing
Dirt don't hurt
What can it do to me
Dirt and germs help make me stronger by building
immunity
So now I'll touch the doorknob, touch the floor and all
that dirt
I will not let germs bother me
Cause Dirt Don't Hurt

The Worry Wizard Returns

The Worry Wizard has returned
He is whispering in my ear
He's telling me to check my work
And making me feel fear
I've gone through this many times before, and
sometimes I have won
But right now he is winning
This isn't any fun
Worry Wizard stay away
You're not welcome anymore
I found out what you're all about
And I think you're just a bore
(instrumental)
I'm going to think about how I ignored you in the past
So instead of feeling scared, I know my fear won't last
Worry wizard stay away
You're not welcome anymore
I found out what you're all about
And I think you're just a bore
Worry Wizard leave right now
I don't scare easily
I've got more important things to do
Then let a Worry Wizard bother me!

Let's Go!

What would it be like to not give in to our fear of
something bad
It's tough to fight the fear when we're feeling scared
We could get past the scary part and try to not give in
We could wait for the fear to get less then we would
win
Let's Go! La la la la la la la la la la
la la la la la la
La la la la la la la la la la la la la la la la
We can fight our fears
even though we're scared they'll come true
After a while it gets easier and easier to do
Maybe one day we'll tell all our scary thoughts goodbye
It won't be that hard to do all we've got to do is try
Let's Go! La la la la la la la la la la
la la la la la la
La la la la la la la la la la la la la la la la
And when we have some doubt
Think about how nice it would be
To not have so many scary thoughts and to live so
fearlessly
Let's Go! La la la la la la la la la la
la la la la la la
La la la la la la la la la la la la la la la Let's Go!