

Zippy's Friends

(to the tune of You've Got a Friend in Me)

Refrain

Zippy's friends and me,
Zippy's friends and me,
When feelings come around and you don't feel free,
Strategies can help us,
to live in harmony —
Yeah, Zippy's friends and me.

Verse 1 – Feelings

When you're mad or sad or happy, too,
It's okay, they're all a part of you.
We can name them, tame them,
learn a trick or two —
With Zippy's friends and me.

Verse 2 – Communication

When you feel shut down, don't wanna talk,
Find a friend, take a little walk.
Sharing helps, it lifts you,
opens up the lock —
With Zippy's friends and me.

Verse 3 – Friendship

Friends are free, they come and go,
But the love we share will always show.
One or many, friendship
only helps us grow —
With Zippy's friends and me.

Verse 4 – Bullying

If you're hurt by words or pushed around,
Don't stay silent, help can still be found.
Talk to someone near you,
they will stand their ground —
With Zippy's friends and me.

Verse 5 – Loss

When you lose someone you love so dear,
It's okay to cry, to hold them near.
Keep the happy moments
living year by year —
With Zippy's friends and me.

Final Refrain

Zippy's friends and me,
Zippy's friends and me,
With kindness, strength, and care, we've got the key.
Share these tricks with others,
make the whole world see —
Yeah, Zippy's friends and me.

