

Sesame Street, Figure It Out

Roosevelt Franklin: When I woke up this morning, first I laughed and then I cried.
Was I feeling good or bad? I just could not decide!
So naturally I asked my mom to tell me how I feel.
But she didn't tell me that; instead, she told me something real:

She said, "A mom can tell you lots of things, like one and one is two.
And how to cross a busy street and how to tie your shoe.
But the one who knows the things you feel is you and nobody else.
I can't tell you how you feel; you have to tell yourself, so figure it out!"

Girls: Figure it out!

Roosevelt Franklin: Figure it out!

Girls: Figure it out!

Roosevelt Franklin: You're the only one who knows the things you feel, so figure it out!

Girls: Figure it out!
Oooh!
Oooh!

Roosevelt Franklin: I had a friend who lived next door, but his family had to move.
It made me mad, or made me sad, or made me just confused.
So naturally I asked my friend to look inside my head
And tell me how I really felt, but he told me this instead:

He said, "A friend can do a lot of things that no one can do better,
Like give a friend a friendly hug or write a friendly letter.
But the one who knows the way you feel is you and nobody else.
A friend can't tell you how you feel; you have to tell yourself, so figure it out!"

Girls: Figure it out!

Roosevelt Franklin: Figure it out!

Girls: Figure it out!

Roosevelt Franklin: You're the only one who knows the things you feel, so figure it out!

Girls: Figure it out!

Roosevelt Franklin: Figure it out!

Girls: Figure it out!

Roosevelt Franklin: You're the only one who knows the things you feel, so figure it out!

(Possibly all of them hum, then all sing last line:)

Roosevelt Franklin and Girls: You're the only one who knows the things you feel, so figure it out!