

# **“It’s Okay to Cry” Lyrics**

Words and Music by Kathryn the Grape / Kathryn Cloward

## **Verse 1**

Sometimes it’s hard for me to say  
How I feel inside  
Sometimes all those feelings  
Come out of my eyes and I cry

Maybe you cry too  
When things feel rough for you  
Maybe you cry too  
It’s a natural thing to do

## **Chorus**

It’s okay to cry (it’s okay)  
That’s why we have tears in our eyes (it’s okay)  
Don’t hold back or hide (don’t hide)  
It’s okay to cry  
It’s okay to cry

## **Verse 2**

Sometimes when I feel happy  
With so much joy inside  
Sometimes happiness rises up  
And come out of my eyes and I cry

Maybe you cry too  
When things feel good for you  
Maybe you cry too  
It’s a natural thing to do

## **Repeat Chorus TWICE**

It’s okay to cry  
It’s okay to cry  
It’s okay to cry  
It’s okay to cry