



Sing Along: We Can Do Hard Things!



Watch this video together with children, then print this page so you can sing it together.

Elmo just can't hit the ball. This game's too hard to do.
Things are always hard when we're trying something new.
But you've done lots of things before that once were hard for you!
Like learning how to dance. You kept tripping on your shoes.
But Elmo kept on trying.
Now dancing's fun to do!
See? We all need to remember that it's true...



(chorus)

**We can do hard things, yes we can!
We can keep on trying, that's the plan.
And the reason we're so sure is 'cause we've done hard things before!
We can do hard things! Yes, we can!**



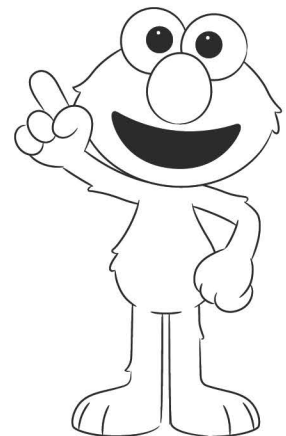
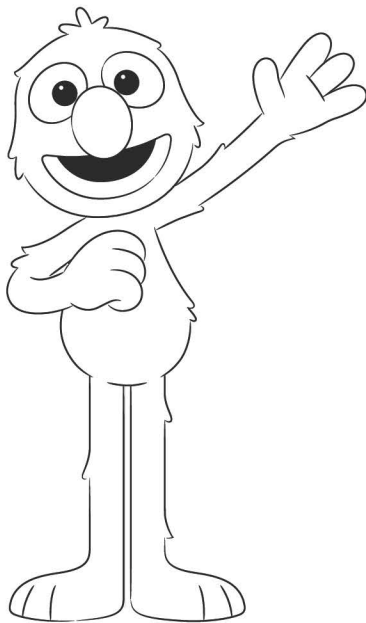
Big magic words are hard to read. I just can't sound them out.
But I love how you keep trying. That's what it's all about.
You never do give up. It's like when you learned to fly.
It was hard, but you got better every single time you'd try!
Now I can fly anywhere all the way to the sky.
And we all have to remember why...



(repeat chorus)

I know I can do hard things. I do them every day!
Even things I never tried. I try them anyway.

Grown-ups must do hard things, too.
It's not easy right away.
But we can tell ourselves what we always say...



(repeat chorus)



YES, WE CAN!