

Bounce Back

INTRO: *Bounce Back / You've got to Bounce Back/ Bounce Back in this life!*

CHORUS

***We all have our ups and downs every day,
Nobody's perfect.
It's the way that you deal with what happens to you,
That makes all the difference.
You've got to bounce back when life gets you down,
You're not alone, there's always help around.
In every life there'll be joy and pain,
But the sun always shines, after the rain***

VERSE 1

Resilience is bouncing back when you've been feeling down,
Adversity is never nice, it can make you frown.
Try to stay optimistic, it's just a little test,
It will make you stronger; persevere and do your best!

CHORUS

VERSE 2

Remember that bad times, don't stay, they soon will pass.
Look for the good in everything, shoot for the stars!
Live your life with purpose and hold your head up high,
You will only fail if, you refuse to even try!

CHORUS

BRIDGE

***The world needs your brilliance, so shine your light,
Just practice resilience, trust all will be right.
Live each day with humour, and then you will start
To laugh at yourself and take nothing to heart!***

CHORUS

**OUTRO: *Bounce Back /Nobody's/ Bounce Back/Nobody's/ Bounce Back/ Nobody's
perfect!***

© Lyrics by Nuala O'Hanlon / Music by Kathryn Radloff

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