They can lift you up if you fall down

If you get stuck, they can help you find a way around

Give you a boost up to the sky

Give you a fist bump and a high-five

So let's give it up for someone
Who lets you know you're doing great
Give it up for someone
Who works all night to save the day
Give it up for someone
Who wants to help you
Be like a hero, too

You are my hero
My everyday hero
Yeah, you are my hero
You are my everyday, everyday hero

They can have some fun, play a new game Show you it's no big deal to make a mistake Give you a hand to hold to cross the street Be someone that you always know is on your team

So let's give it up for someone
Who stands by you when things get tough
Give it up for someone
Who's never ever giving up
Give it up for someone
Who wants to help you
Be like a hero, too

You are my hero
My everyday hero
Yeah, you are my hero
You are my everyday, everyday hero!

You are my hero
My everyday hero
Yeah, you are my hero
You are my everyday, everyday hero!