



LOOK UP!

By Wayne Visser

When you're feeling brown
Look up, not down
Don't fret or frown
Don't dig a hole
Don't be a mole
There's nothing much that's up
When you are underground
Instead, the thing I've found
Is that if I build a mound
I'm already much more up
Than ever I was down

And if you're feeling sad
It's not so bad
So don't get mad
Rather think of all the good things
Like chocolate books and magic rings
And flying without feathered wings
Or think of something really fun
Like playing in the sparkly sun
And belly laughing with someone
Or anything makes you glad
Just not what makes you sad

And if you're feeling low
Don't stop, just go
Go fast, not slow
Go with the flow
Or plant a seed of happy thoughts
And watch it sprout and grow
Then climb your wavy happy tree
And from the top you'll see, you'll see
You'll almost touch the sky
And when you are so high, you'll know
That you're no longer low





So when your sky is cloudy
Be bright, not dowdy
In fact be downright rowdy
Jump and dance and scream and shout
Don't keep it in, just let it out
And if you're loud and clear
The sun might even hear
And come out from its hiding place
And show its warm bright shining face
And say to you a sunny "Howdy ...
Look up! It's clear not cloudy"

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