

**Upsie**

**Downsie**

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**You have good  
days.**

**You have bad  
days.**

**Some days we  
don't know  
why we feel  
the way we do.**

**We just do.**

**The kids call  
this upsie  
downsie.**

**Upsie is a  
good day.**



**You feel  
happy. You  
feel up.**

**Downsie is a  
bad day.**

**You feel sad.**

**You feel down.**

**It's okay to be  
upsie and  
downsie.**

**Days come  
and go.**

**Do your best  
to have fun in  
the moment.**

**And know that  
you have  
family and  
friends.**

**They love you.**



**Whether you're  
happy or**

**sad.**

**Upsie or**

**downsie.**

**The end.**

Trev