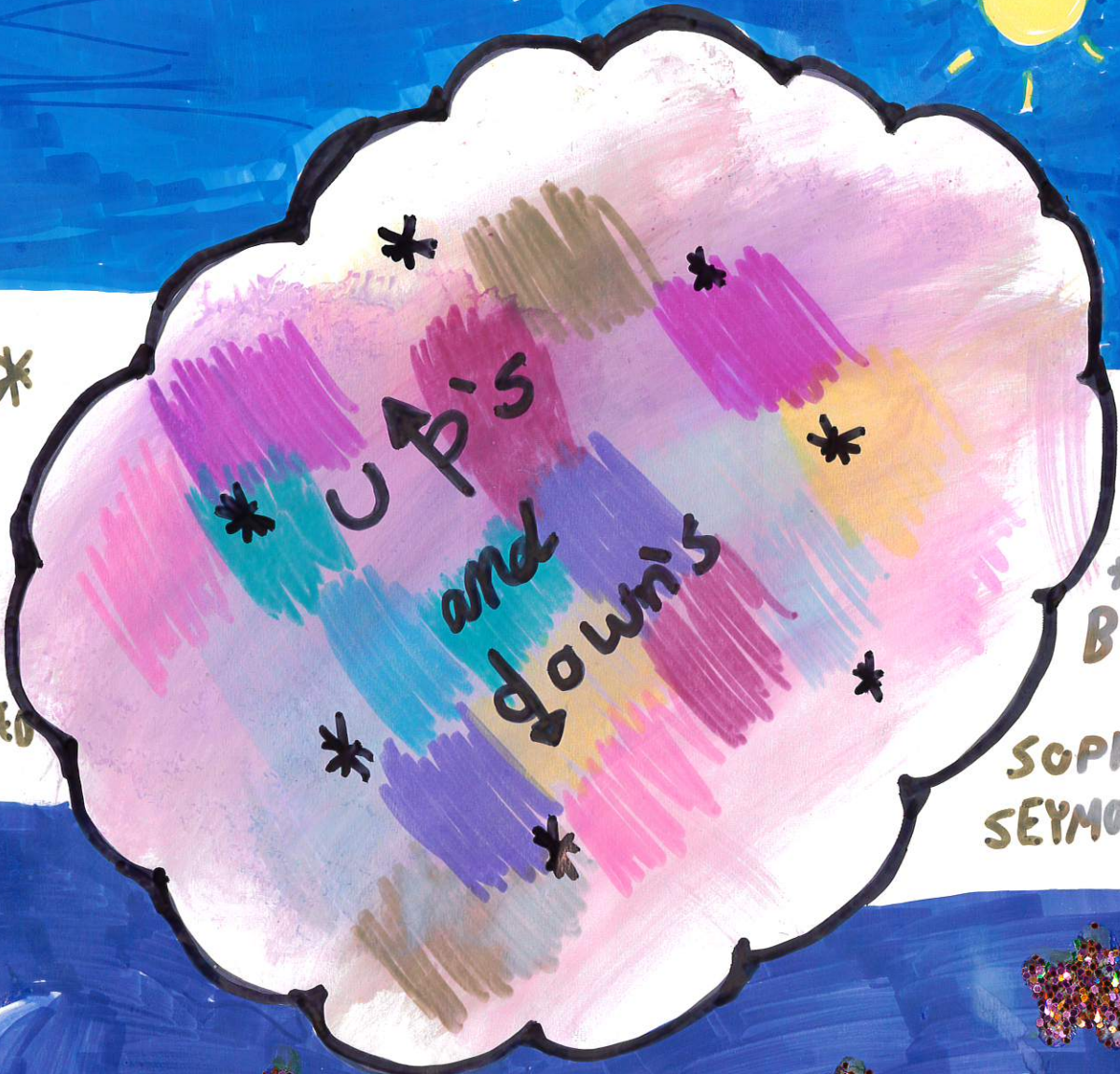
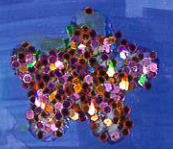
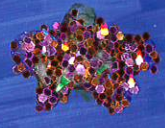
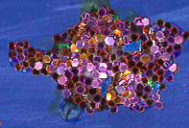
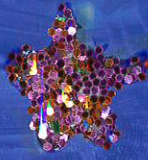
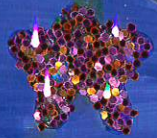


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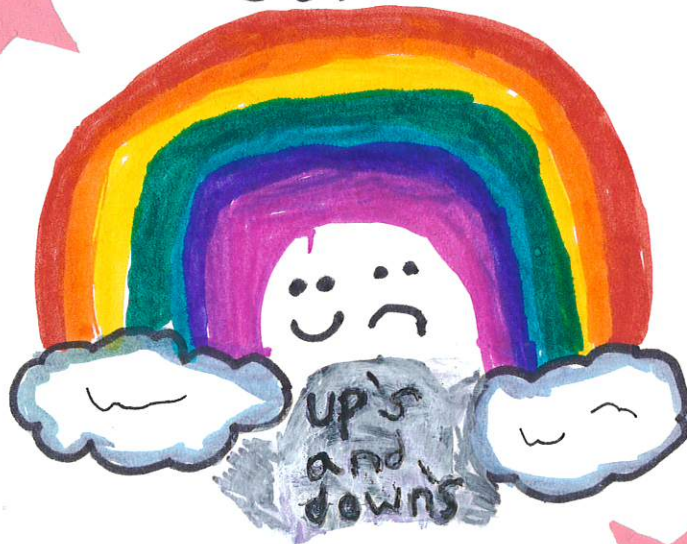


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CUP'S
and
down's
* * *

* * *
* * *
BY
SOPHIA
SEYMOUR

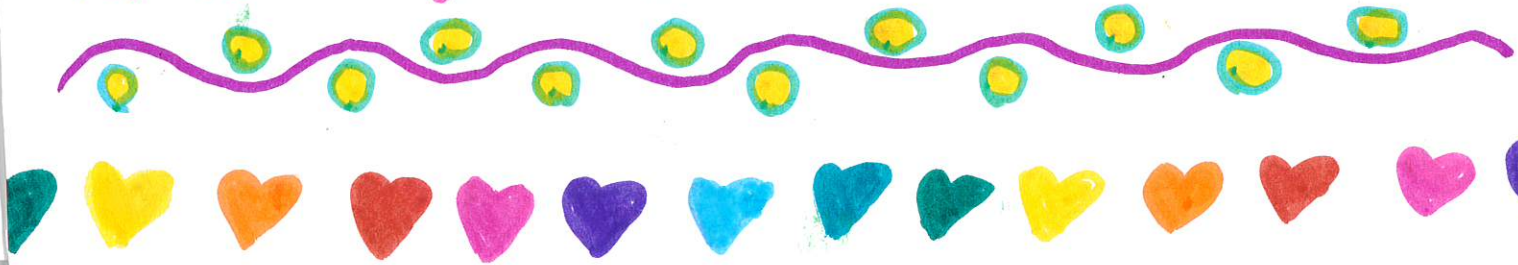


by Sophia
SEYMOUR



this book is dedicated to...

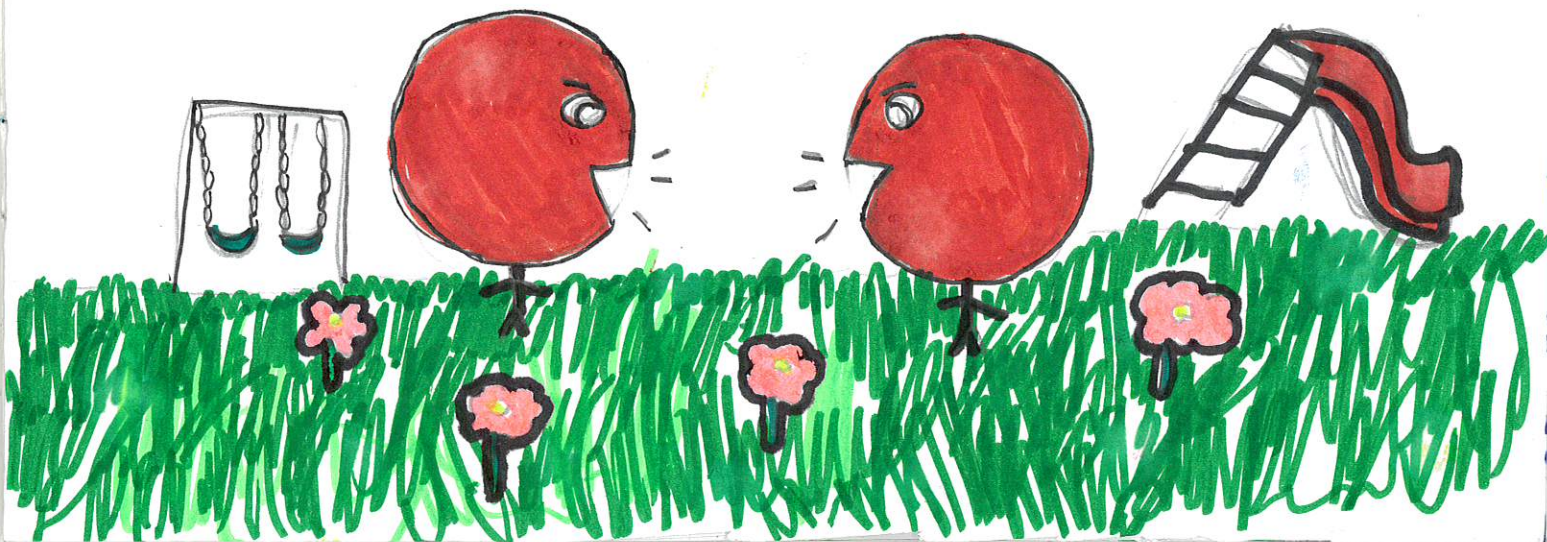
My Amazing teachers at Campbell Hall



Sometimes I feel mad or sad.

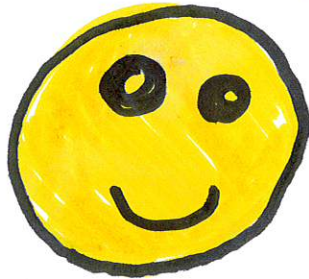


Sometimes I get angry with you or even me!



Sometimes I feel happy or excited.

Sometimes I am full of joy and glee.



But the important thing is that I am me.



Sometimes I am bursting with feelings and emotions.



Sometimes I stay quiet in the shadows.

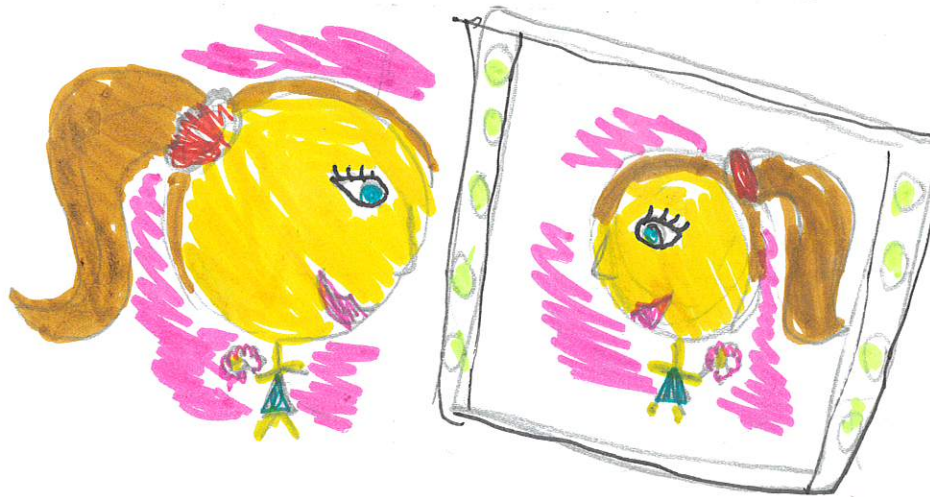


But what is it that makes me feel most happy?

It is the fact that I am me.



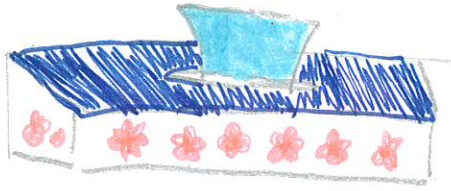
I am proud of the beautiful person I am.



I am proud of the beautiful things I do.



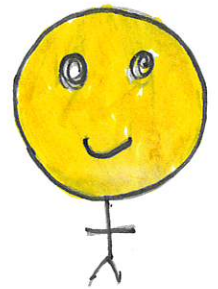
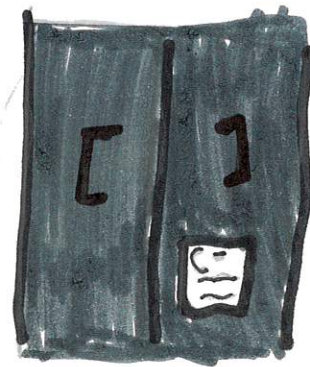
When I am feeling down or blue, and need a hug and a tissue



I need to remind myself that I am loved and I am amazing!



I do not feel jealousy Because you are you,
But I have the privilege to be none other than ME.



I tried
My best

If I lose someone or something I love, I don't think about all of the negative things, I think about the good memories and the good times I had with them



If I fall out of a tree and scrape my knee,



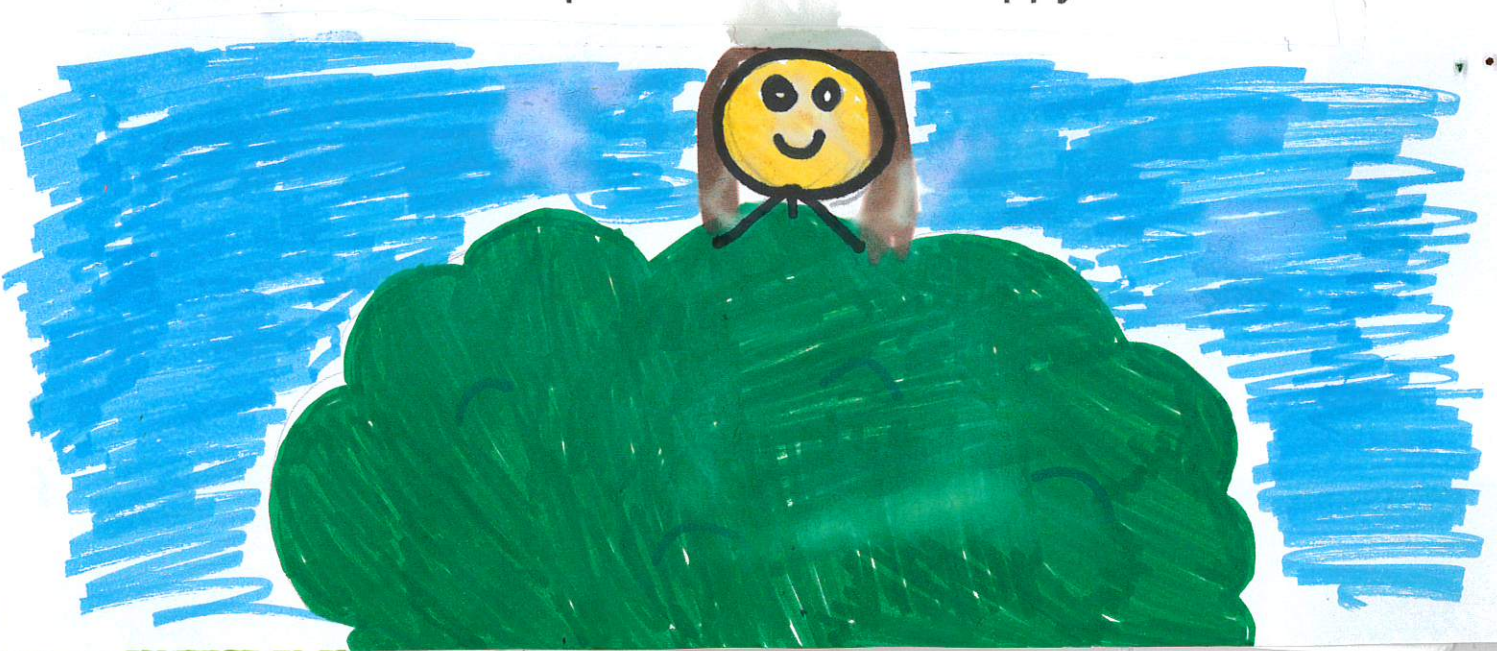
I make sure that I keep climbing high, by not giving up and giving it another try.



I will try again



When I am at the top of the tree I feel happy as can be!



Because when I fall down I get back up again



and tell myself, I am ME



Be

again

and tell myself, I am ME



About

* the *

Author

* *

Sophia Seymour

is a third grader
who enjoys art, soft-

ball, and loves writing! Sophia lives
in Encino Los Angeles with her mom
Nicole and her dad Larry. Sophias
favorite subjects in school are
social studies, writing, and art class.
When Sophia grows up she wants to
be an Author and illustrator.
Sophias favorite color is pink
and she is great with animals.

