

Up and Up



"Up&Up" is a song about growing as an individual and progressing through life's trials and tribulations with a positive attitude. The lyrics refer to opportunities and powers. It's all about making dreams real. It points out the ability of each individual to transform what is not right, what is unfair, what hurts and, also, the power of doing it with others.

1. **WATCH AND LISTEN TO THE SONG AND DO THE ACTIVITIES THAT FOLLOW**

2. DRAG AND DROP THE MISSING WORDS ON THE RIGHT

_____ up a car to drive in it again

_____ for the water,

_____ for the rain

Up and up

Up and up

Down upon the canvas,

_____ meal to meal

_____ for a chance

to pick your orange field

Up and up

Up and up

hoping

working

fixing

waiting

searching

3. COMPLETE WITH THE MISSING WORD.

See a pearl form, a _____ in the rough

See a _____ soaring

high above the _____

It's in your blood. It's in your blood

Underneath the _____ an umbrella is saying

Sitting with the _____

takes away the _____

Up and up. Up and up, it's saying



chorus:

we're gonna get it, get it together right now

Gonna get it, get it together somehow

Gonna get it, get it together and flower

whoa. we're gonna get it, get it together I know

Gonna get it, get it together and flow

Gonna get it, get it together and go

up and up and up

4. JOIN THE HALVES TOGETHER.

Lying in the gutter
Trying to empty out
Up and up.
See the forest there
Angels in the marble
Just need love
when the going

chorus

the ocean with a spoon

Up and up

Just need love

is rough saying

in every seed

aiming for the moon

waiting to be freed

5. COMPLETE WITH THE MISSING WORD.



And you can say what is,
or _____ for it

Close your _____

and take a _____

You can say "it's mine"

and clench your _____

Or see each _____ as a gift

chorus x 2

Fixing up a car to _____ in it again

When you're in _____

When you _____ you've had enough

Don't ever _____ up