When I look up, it's the sky I see, When I look down, it's the ground under me, Everywhere, all around The sky is up, and the ground is down!

The sky is up,
The ground is down!
Everywhere, in every town.

Wherever you go, It's the same you know, Up is up, and down is down.

Walk up the steps, then turn around, Now that we're up, we can walk back down. It's fun to do, but be careful too, Up to the top, then right back down.

The sky is up,
The ground is down!
Everywhere, in every town.

Wherever you go,
It's the same you know,
Up is up, and down is down.

You can reach up high,
Way up in the air,
You can bend down low,
Just as low as you can go.

Reach up high,
And bend down low,
Up and down can be fun you know.

The sky is up,
The ground is down!
Everywhere, in every town.

Wherever you go, It's the same you know, Up is up, and down is down.