

When It's Just Not Your Day

By Jay Forte

I knew it first thing, when I started the day
That things were just not going to go my way.
I tried to be happy and grateful, I say.
But I really knew, it was just not my day.

I tripped on the stairs and came down with a crash.
Into the sink went my phone, with a great splash.
The note for my teacher got thrown in the trash.
This day, I just knew, would not go by in a flash.

At school, I forgot that my project was due.
At lunch, they were serving a yucky beef stew.
In art class, I spilled a container of glue.
Not a good day, this is something I knew.

My teacher seemed to just focus on me.
Telling and scolding is all I did see.
"Start over! Be quiet! Stand in line!" said she.
Today is not great, I bet you agree.

I missed the bus and walked home in the rain.
I stepped off the curb and gave my ankle a sprain.
I got soaked with the spray from a very fast train.
Today, you can see, is a very big pain.

Home and all wet, off to my room with a huff.
I needed a moment when feeling this gruff.
Things that had happened were so truly tough.
Today, on this day, I had just had enough.

Off to the kitchen with my head in my hands
Upset at a day I did not understand
How things can go so against all my plans.
Today was the worst day in all of the land.

Mom asked, "What's up, what's making you sad?"
"Nothing," I said, trying not to get mad.
"Tell me," she said, "About the day that you had.
Can we make it much better, or a little less bad?"

I shrugged then recounted without a delay
How everything seemed to just not go my way.
Not sure what could help or what thing she could say
That would improve this most terrible and horrible day.

She smiled and then said, "Some days make you scream
They feel like an awful and really bad dream.
There one thing that makes it a bit less extreme
A bowl, no, a big bowl of your favorite ice cream."

Two scoops and my mood changed, right on the spot.
We talked about things and what the day brought.
Some things just work out and some things just do not.
Life send what it sends, you got what you got.
Don't argue and stress and get all distraught.
Be patient and learn from all you've been taught.