

Please see the following pages for resources to use this song as a springboard to help students name and deal with any other emotions, in addition to anger:

+ IF YOU'RE ANGRY AND YOU KNOW IT +

1

**If you're angry and you know it, talk it over, (I'm angry!)
If you're angry and you know it, talk it over, (I'm angry!)
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, talk it over! (I'm angry!)**

2

**If you're angry and you know it, count to ten, (1, 2, 3...)
If you're angry and you know it, count to ten, (...4, 5, 6...)
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, count to ten! (7, 8, 9, 10!)**

3

**If you're angry and you know it, stop and think, (Hm-m!)
If you're angry and you know it, stop and think, (Hm-m!)
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, stop and think! (Hm-m!)**

4

**If you're angry and you know it, pound a pillow, (Whap, whap!)
If you're angry and you know it, pound a pillow, (Whap, whap!)
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, pound a pillow! (Whap, whap!)**

5

**If you're angry and you know it, take a walk, (Walk, walk!)
If you're angry and you know it, take a walk, (Walk, walk!)
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, take a walk! (Walk, walk!)**

6

**If you're angry and you know it, just relax, (Ah-h-h!)
If you're angry and you know it, just relax, (Ah-h-h!)
If you're angry and you know it, that's okay, you can control it!
If you're angry and you know it, just relax! (Ah-h-h!)**

Tune: children's folk song, "If You're Happy and You Know It, Clap Your Hands." Lyrics are copyright 1982 and 1985 by Linda K. Williams

Downloadable recordings and a 180 p. Caring and Capable Kids companion book are available from SongsForTeaching.com

Listen to the song: BetterWorld-Resources.com Linda.BetterWorld@gmail.com

**ADDITIONAL FORMATS (including Big Book sized print) for children to create their own verses and/or illustrate the
verses above are at the end of this document, and at:**

BetterWorld-Resources.com

+ **IF YOU'RE _____ +
AND YOU KNOW IT**

***Verses and
Illustrations by***

Tune is traditional:
"If You're Happy and You Know It"

Formatted by Linda K. Williams
downloadable recording available:
for "If You're Angry and You Know It"
SongsForTeaching.com

Listen to the song: BetterWorld-Resources.com

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,
that's OK; you can control it!

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,
that's OK; you can control it!

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,
that's OK; you can control it!

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,
that's OK; you can control it!

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,
that's OK; you can control it!

If you're _____ and you know it,

4

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,
that's OK; you can control it!

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,

If you're _____ and you know it,
that's OK; you can control it!

If you're _____ and you know it,

5

6

7

+ IF YOU'RE

AND YOU KNOW IT +

Verses and illustrations by

Tune is traditional: "If You're Happy and You Know It"

Formatted by Linda K. Williams
downloadable recording available:
for "If You're Angry and You Know It" SongsForTeaching.com
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Verse # _____

If you're _____ and you know it,

If you're _____ and you know it,

**If you're _____ and you know it,
that's OK; you can control it!**

If you're _____ and you know it,

*"If You're Angry and you Know it" is a "Caring and Capable Kids" Song, downloadable recording
available: SongsForTeaching.com Listen to the song: BetterWorld-Resources.com*

+ IF YOU'RE

AND YOU KNOW IT +

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If you're _____ and you know it,
_____.

If you're _____ and you know it,
_____.

If you're _____ and you know it,
that's OK; you can control it!

If you're _____ and you know it,
_____.