

**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](http://SongsForTeaching.com)**

*Listen to the song: [BetterWorld-Resources.com](http://BetterWorld-Resources.com)    [Linda.BetterWorld@gmail.com](mailto: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](http://BetterWorld-Resources.com)*

+ IF YOU'RE \_\_\_\_\_ +  
AND YOU KNOW IT

*Verses and  
Illustrations by*

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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,

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If you're \_\_\_\_\_ and you know it,

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

If you're \_\_\_\_\_ and you know it,

---

1

If you're \_\_\_\_\_ and you know it,

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If you're \_\_\_\_\_ and you know it,

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

If you're \_\_\_\_\_ and you know it,

---

2

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,  
that's OK; you can control it!

If you're \_\_\_\_\_ and you know it,

---

3

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,

\_\_\_\_\_

5

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,

\_\_\_\_\_

6

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,

\_\_\_\_\_

7

**+ IF YOU'RE**

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**AND YOU KNOW IT +**

**Verses and illustrations by**

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**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](http://SongsForTeaching.com)  
Listen to the song: [BetterWorld-Resources.com](http://BetterWorld-Resources.com)

**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](http://SongsForTeaching.com) Listen to the song: [BetterWorld-Resources.com](http://BetterWorld-Resources.com)*

***+ IF YOU'RE***

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***AND YOU KNOW IT +***

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**Tune is traditional: "If You're Happy 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,**

\_\_\_\_\_ ■

A "Caring and Capable Kids" Song, downloadable recording available for "If You're Angry and You Know It" [SongsForTeaching.com](http://SongsForTeaching.com)

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