

# Open-Ended Songs to promote Dealing with Feelings

① ♪ If You're \_\_\_\_\_ and You Know It ♪

② ♪ USE YOUR WORDS! ♪

Choose -- and sing and draw about -- your own emotions  
using the tune of "If You're Happy and You Know " (children's folk song)

Here are some uncomfortable feelings you may want to sing about, draw about, and share how you deal with them:

\* angry (and/or furious) \* scared \* sad \* embarrassed \* frustrated \* confused  
\* irritated \* stressed \* bummed out \* disappointed \* impatient ... OTHER FEELINGS?

And, of course, you may enjoy singing and drawing about comfortable feelings, too!

\* happy \* excited \* surprised \* confident \* grateful \* peaceful \* proud  
\* content \* joyful ... OTHER FEELINGS to share?

①

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, \_\_\_\_\_

Here is an example from "If You're Angry and You Know It." The recording and lyrics are available at this link -- [If You're Angry & You Know It](#) (2:14) -- and formats to students to illustrate and create their own verses are available here: [Bonus Resources](#)

*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 "USE YOUR WORDS"

Another song frame to use to name and deal with feelings, especially helpful for use with younger children:

If you're \_\_\_\_\_ and you know it, use your words! "I'm \_\_\_\_\_!"

If you're \_\_\_\_\_ and you know it, use your words! "I'm \_\_\_\_\_!"

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

If you're \_\_\_\_\_ and you know it, use your words! "I'm \_\_\_\_\_!"

*\*\* This part could be any other phrase of your choosing, for example,*

*"... then your face will surely show it"*

*"... you can deal with it, you know"*

*"... lots of helpful ways to show it"*

*or any other affirmation of dealing with feelings in a positive, pro-social way.*

Link to 51 Song Recordings in the CARING AND CAPABLE KIDS ALBUMS, Lyrics, [Think and Share Invitations](#), and Bonus Resources -- Zoom-Friendly For more information: [Linda.BetterWorld@gmail.com](mailto:Linda.BetterWorld@gmail.com)

[CaringandCapableKids.com](http://CaringandCapableKids.com) <https://caringandcapablekids.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

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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,

---

1

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,

---

2

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,

---

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,

\_\_\_\_\_

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**

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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"**

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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*

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*♪ 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"**

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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,**

\_\_\_\_\_ .