

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.

♪ 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

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CaringandCapableKids.com <https://caringandcapablekids.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,

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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,

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,

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♪ IF YOU'RE

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**

AND YOU KNOW IT 

Verses and illustrations by

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,
_____.