

## ♫ ***IF YOU'RE ANGRY AND YOU KNOW IT (2:14)*** ♫

[https://www.youtube.com/watch?v=sbD4BDbCm78&list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0&index=6](https://www.youtube.com/watch?v=sbD4BDbCm78&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=6)

Song #6 on album *Caring and Capable Kids, Vol. 1*

### YouTube link for album

[https://www.youtube.com/playlist?list=OLAK5uy\\_m\\_p-QmR0\\_-1yXmWXjsan2GiLAqKcLNku0](https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0)

### Amazon.com link for album

[https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr\\_1\\_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46](https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NGZNX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&sr=8-46)

## ***Think and Share Invitations***

- \* Think and share about the anger management/self-regulation strategies you have used effectively.
- \* What strategies have you seen others use effectively?
- \* What has happened if / when you or others do not use anger management or self-regulation strategies to control your / their anger?
- \* How does anger feel in your body?

**Bonus Resources:** Different sized formats of lyrics to provide opportunities for students to illustrate verses, with an opportunity to make up their own verses. Included are illustrate-your-own-booklet or book" and/or Big Book or Poster sized print.

<https://songlyricsbylindakwilliams.files.wordpress.com/2021/05/if-youre-angry...-formats-as-bonus-resources-for-apr.-2021-ed..pdf>

- 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!"

### ***INVITE SINGERS TO MAKE UP -- AND ACT OUT -- THEIR OWN VERSES:***

If you're angry and you know it, \_\_\_\_\_  
If you're angry and you know it, \_\_\_\_\_  
If you're angry and you know it, that's okay, you can control it!  
If you're angry and you know it, \_\_\_\_\_

Tune: popular children's folk song, "If You're Happy and You Know It, Clap Your Hands."

Lyrics ©1982 by Linda K. Williams Lead Singer and Producer Andy Murray [AndyandTerry@icloud.com](mailto:AndyandTerry@icloud.com)

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