

♪ IF YOU'RE ANGRY ♪ AND YOU KNOW IT

Illustrated by

Tune is traditional:
"If You're Happy and You Know It"
Lyrics for verses 1-6 © by Linda K. Williams 1989

Additional verses by

Recorded by Andy Murray AndyandTerrymusic@icloud.com
Song recording:

https://www.youtube.com/watch?v=sbD4BDbCm78&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=6

On the album Caring and Capable Kids, Vol. 1

[Link to the full album on YouTube](https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0):

https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0

[Link to the full album on Amazon.com](https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NG2NX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&r=8-46):

https://www.amazon.com/Caring-Capable-Kids-Vol-1/dp/B08H4NG2NX/ref=sr_1_46?dchild=1&keywords=%22Linda+K.+Williams%22+music&qid=1606279014&r=8-46

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

If you're angry and you know it,
count to 10 --- "1, 2, 3..."

If you're angry and you know it,
count to 10 --- "...4, 5, 6..."

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

If you're angry and you know it,
count to 10 --- "...7, 8, 9, 10!"

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 OK; you can control it!

If you're angry and you know it,
talk it over --- "I'm angry!"

1

If you're angry and you know it,
stop and think --- "Hm-m-m!"

If you're angry and you know it,
stop and think --- "Hm-m-m!"

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

If you're angry and you know it,
stop and think --- "Hm-m-m!"

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 OK; you can control it!

If you're angry and you know it,
pound a pillow --- "Whap, whap!"

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 OK; you can control it!

If you're angry and you know it,
take a walk --- "Walk, walk!"

4

5

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 OK; you can control it!

If you're angry and you know it,
just relax --- "Ah-h-h!"

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 OK; you can control it!

If you're angry and you know it,

6

7

♪ IF YOU'RE ANGRY AND YOU KNOW IT ♪

https://www.youtube.com/watch?v=sbD4BDbCm78&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=6

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

- (3) If you're angry and you know it, stop and think---"Hm-m-m!"**
If you're angry and you know it, stop and think---"Hm-m-m!"
If you're angry and you know it, that's OK; you can control it!
If you're angry and you know it, stop and think---"Hm-m-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 OK; 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 OK; 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 OK; you can control it!
If you're angry and you know it, just relax---"Ah-h-h!"

- (7) 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 OK; you can control it!
If you're angry and you know it, _____

Tune is traditional: "If You're Happy and You Know It" Lyrics for verses 1-6 © 1989 by Linda K. Williams
Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1

Links to the full album: **YouTube:** https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0

Link to the full album on Amazon.com: 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

♪ IF YOU'RE ANGRY ♪

AND YOU KNOW IT

Illustrated by

Additional verses by

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

Song Recording: https://www.youtube.com/watch?v=sbD4BDbCm78&list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0&index=6

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com

Recorded by Andy Murray AndyandTerrymusic@icloud.com
on the album Caring and Capable Kids, Vol. 1

Links to the full album:

YouTube: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0

Amazon.com: 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

For 202 p. Caring and Capable Kids book: INNERCHOICE Publishing
<https://www.innerchoicepublishing.com/book/caring-and-capable-kids/>

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 OK; you can control it!**

**If you're angry and you know it,
talk it over---"I'm angry!"**

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com
Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1
CaringandCapableKids.com <https://caringandcapablekids.com/>

2

**If you're angry and you know it,
count to 10---"1, 2, 3..."**

**If you're angry and you know it,
count to 10---"...4, 5, 6..."**

**If you're angry and you know it,
that's OK; you can control it!
If you're angry and you know it,
count to 10---"...7, 8, 9, 10!"**

Tune is traditional: "If You're Happy and You Know It"
Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com
Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1

CaringandCapableKids.com <https://caringandcapablekids.com/>

3

**If you're angry and you know it,
stop and think---"Hm-m-m!"**

**If you're angry and you know it,
stop and think---"Hm-m-m!"**

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

**If you're angry and you know it,
stop and think---"Hm-m-m!"**

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com
Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1

CaringandCapableKids.com <https://caringandcapablekids.com/>

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 OK; you can control it!**

**If you're angry and you know it,
pound a pillow---"Whap, whap!"**

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com
Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1

CaringandCapableKids.com <https://caringandcapablekids.com/>

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 OK; you can control it!**

**If you're angry and you know it,
take a walk---"Walk, walk!"**

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com
Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1

CaringandCapableKids.com <https://caringandcapablekids.com/>

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 OK; you can control it!**

**If you're angry and you know it,
just relax---"Ah-h-h!"**

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com
Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1

CaringandCapableKids.com <https://caringandcapablekids.com/>

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 OK; you can control it!**

If you're angry and you know it,

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com
Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1
CaringandCapableKids.com <https://caringandcapablekids.com/>

🎵 IF YOU'RE ANGRY 🎵 AND YOU KNOW IT

Illustrated by

Additional verses by

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com

Recorded by Andy Murray AndyandTerrymusic@icloud.com

On the album Caring and Capable Kids, Vol. 1

CaringandCapableKids.com <https://caringandcapablekids.com/>

Links to the full album:

[YouTube: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0](https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0)

[Amazon.com: 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)

For 202 p. Caring and Capable Kids book: [INNERCHOICE Publishing https://www.innerchoicepublishing.com/book/caring-and-capable-kids/](https://www.innerchoicepublishing.com/book/caring-and-capable-kids/)

**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 OK; you can control it!**

**If you're angry and you know it,
talk it over---"I'm angry!"**

1

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com

Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1

[YouTube: \[https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0\]\(https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0\)](https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXjsan2GiLAqKcLNku0) CaringandCapableKids.com <https://caringandcapablekids.com/>

**If you're angry and you know it,
count to 10---"1, 2, 3..."**

**If you're angry and you know it,
count to 10---"...4, 5, 6..."**

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

**If you're angry and you know it,
count to 10---"...7, 8, 9, 10!"**

2

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com

Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1 [CaringandCapableKids.com](https://caringandcapablekids.com/) <https://caringandcapablekids.com/>

**If you're angry and you know it,
stop and think---"Hm-m-m!"**

**If you're angry and you know it,
stop and think---"Hm-m-m!"**

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

**If you're angry and you know it,
stop and think---"Hm-m-m!"**

3

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com

Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1

CaringandCapableKids.com <https://caringandcapablekids.com/>

YouTube: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_1yXmWXisan2GiLAqKcLNku0

**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 OK; you can control it!**

**If you're angry and you know it,
pound a pillow---"Whap, whap!"** 4

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com

Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1 CaringandCapableKids.com <https://caringandcapablekids.com/>
YouTube: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_1yXmWXisan2GILAgKcLNku0

**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 OK; you can control it!**

**If you're angry and you know it,
take a walk---"Walk, walk!"**

5

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com

Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1 [CaringandCapableKids.com](https://caringandcapablekids.com/) <https://caringandcapablekids.com/>
YouTube: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_1yXmWXisan2GiLAqKcLNku0

**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 OK; you can control it!**

**If you're angry and you know it,
just relax---"Ah-h-h!"**

6

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com

Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1 CaringandCapableKids.com <https://caringandcapablekids.com/>
YouTube: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_1yXmWXisan2GILAgKcLNku0

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 OK; you can control it!

If you're angry and you know it,

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

Lyrics for verses 1-6 © 1989 by Linda K. Williams Linda.BetterWorld@gmail.com

Recorded by Andy Murray AndyandTerrymusic@icloud.com on the album Caring and Capable Kids, Vol. 1 [CaringandCapableKids.com](https://caringandcapablekids.com/) <https://caringandcapablekids.com/>

YouTube: https://www.youtube.com/playlist?list=OLAK5uy_m_p-QmR0_-1yXmWXisan2GiLAqKcLNku0