



If You're Angry and You Know It
(Song to complement the Anger Bubble Book)

If you're angry and you know it use your words
If you're angry and you know it use your words
If you're angry and you know it and you really want to show it
If you're angry and you know it, use your words: "Help me please"

If you're angry and you know it, push your hands
If you're angry and you know it, push your hands
If you're angry and you know it and you really want to calm down
If you're angry and you know it, push your hands together: 1,2,3

If you're angry and you know it, count to 5: 1,2,3,4,5
If you're angry and you know it, count to 5: 1,2,3,4,5
If you're angry and you know it and you really want to calm down
If you're angry and you know it, count to 5: 1,2,3,4,5

If you're angry and you know it, smell your chocolate (breathe in) and
blow out your birthday candle (breathe out and blow on one of your
fingers, pretending it is your birthday candle)
If you're angry and you know it, smell your chocolate (breathe in) and
blow out your birthday candle (breathe out and blow on one of your
fingers, pretending it is your birthday candle)
If you're angry and you know it and you really want to calm down
If you're angry and you know it, smell your chocolate (breathe in) and
blow out your birthday candle (breathe out on one of your fingers,
pretending it is a candle)

Yeah, you popped your anger bubble!



pop