

Shake Your Angries Out
(Tune is: "Shake Your Sillies Out")

We're going to shake, shake, shake our angries out
Shake Shake Shake our angries out
Shake Shake Shake our angries out
Shake our angries away



We're going to breathe, breathe, breathe our angries out
Breathe, breathe, breathe our angries out
Breathe breathe, breathe our angries out
Breathe our angries away (big inhale and exhale)



We're going to roll, roll, roll your angries out (roll shoulders)
We're going to roll, roll, roll your angries out (roll shoulders)
Roll, roll, roll your angries out
Roll your angries away (roll shoulders)



We're going to count, count, count your angries out
Count, count, count your angries out
Count, count, count your angries out
1,2,3,4,5

