

If You're Angry You Know

(Tune is: "If You're Happy and You Know I")

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 show it
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 show it
If you're angry and you know it, count to 5: 1,2,3,4,5



If you're angry and you know it take a breath (breathe in/out)
If you're angry and you know it take a breath (breathe in/out)
If you're angry and you know it and you really want to show it,
If you're angry and you know it take a breath: and let it out !



If you're angry and you know it wiggle your fingers,
If you're angry and you know it wiggle your fingers,
If you're angry and you know it and you really want to show it, if your angry
and you know it wiggle your fingers: 1,2,3

