

If You're Angry and You Know It

(sung to the tune of "If You're Happy and You Know It. Clap Your Hands")

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!)

If you're angry and you know it, count to ten, (One, two, three)
If you're angry and you know it, count to ten, (One, two, three)
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, (One, two, three)

If you're angry and you know it, stop and think, (Hmm-m-m!)
If you're angry and you know it, stop and think, (Hmm-m-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, (Hmm-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 okay, 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 okay, you can control it!
If you're angry and you know it, take a walk, (Walk, walk!)

If you're angry and you know it, just relax, (Ahh-h-h!)
If you're angry and you know it, just relax, (Ahh-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, (Ahh-h-h!)