

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

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

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

For 202 p. *Caring and Capable Kids* book, please contact:

INNERCHOICE Publishing

<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

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,
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!"**

4

**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

**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

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,

7

♪ IF YOU'RE ANGRY AND YOU KNOW IT ♪

- (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, _____

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that's OK; you can control it!**

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

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

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count to 10---"...4, 5, 6..."**

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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!"**

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**If you're angry and you know it,
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**If you're angry and you know it,
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