

## If You're Angry and You Know It

If you're angry and you know it, tell a friend.  
If you're angry and you know it, tell a friend.  
If you're angry and you know it, then your face will surely show it,  
if you're angry and you know it, tell a friend.

(because just talking to someone about your feelings or problems sometimes helps make you feel better. A friend might also have helpful, healthy suggestions for how to deal with the problem.)

If you're angry and you know it, count to ten.  
If you're angry and you know it, count to ten.  
If you're angry and you know it, then your face will surely show it,  
if you're angry and you know it, count to ten.

(Counting to 10 or 20 or 100 gives your body the opportunity to calm down so you don't hurt someone. It also keeps your mouth busy so you can't use mean words to hurt someone.)

If you're angry and you know it, take a deep breath.  
If you're angry and you know it, take a deep breath.  
If you're angry and you know it, then your face will surely show it,  
if you're angry and you know it, take a deep breath.

((Let it out slowly. This helps you to relax and calm down. When you are angry you feel like you have lots of energy and need to move around.)

If you're angry and you know it, take a nap.  
If you're angry and you know it, take a nap.  
If you're angry and you know it, then your face will surely show it,  
if you're angry and you know it, take a nap.

(Sometimes when we are tired things seem worse than they really are. A nap or a good night's sleep seems to wash away anger.)

If you're angry and you know it, hug an adult.  
If you're angry and you know it, hug an adult.  
If you're angry and you know it, then your face will surely show it,  
if you're angry and you know it, hug an adult.

(Maybe a hug from one of your favorite adults will help make you feel better.)

