

If you're angry and you know it

If you're angry and you know it, calm down
If you're angry and you know it, calm down
If you're angry and you know it and you really want to show it
If you're angry and you know it, calm down

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 and you really want to show it
If you're angry and you know it, take a deep breath (deep breath)

If you're angry and you know it, use your words
If you're angry and you know it, use your words
If you're angry and you know it and you really want to show it
If you're angry and you know it, use your words, "I don't like it"

If you're angry and you know it, get some help
If you're angry and you know it, get some help
If you're angry and you know it and you really want to show it
If you're angry and you know it, get some help, and tell an adult