

ANGER MANAGEMENT: SESSION 2

Shake Your Angries Out

We're gonna shake, shake, shake our angries out
Shake, shake, shake our angries out
Shake, shake, shake our angries out
And wiggle our angries away

We're gonna breathe, breathe, breathe our angries out
Breathe, breathe, breathe our angries out
Breathe, breathe, breathe our angries out
(Take a couple of deep breaths)

We're gonna count, count, count our angries out
Count, count, count our angries out
Count, count, count our angries out
1, 2, 3, 4, 5

We're gonna skip, skip, skip our angries out
Skip, skip, skip our angries out
Skip, skip, skip our angries out
And wiggle our angries away

SOURCE: Community Living Toronto, Early Childhood Services