



CREATIVE CIRCLE TIME: MUSIC, STORIES & GAMES

IF YOU'RE ANGRY AND YOU KNOW IT

If you're angry and you know it, take a breath
If you're angry and you know it, take a 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 breath

(Substitute "take a breath" (deep breath), with "use your words ('I don't like it')", and "tell an adult")



If You're Angry and You Know It

