The Anger Song

Lyrics

Anger is a feeling
It rushes up inside
Anger is a feeling
It can catch you by surprise

CHORUS

We all feel angry sometimes
But acting mean is not okay
When we're feeling angry
We must calm down right away
Put your hand on your tummy
Say “Calm down”
Take a deep breath
Count out loud—1, 2, 3, 4

Anger stops us thinking
It makes us want to act
In ways that could hurt others
With our words or with our hands

CHORUS

It’s important to remember
That our anger can cause harm
But our anger won’t cause trouble
If we keep our bodies calm

CHORUS

Sign language illustrated instructions on pages 2–3
Verse 1

angry
Claw shape RH tips on chest. Draw up and out in forceful manner.

inside
C shape LH palm right. Place tips of RH in left C twice.

surprise
Place index fingers and thumbs at edges of eyes. Snap open into L shapes.

Chorus

angry
Claw shape RH tips on chest. Draw up and out in forceful manner.

not okay
Strike chin with knuckles of Y shape RH.

calm down
C shape both hands, left palm right, right palm left. Cross at mouth then draw down and apart.

hand on your tummy
Place hand on tummy.

say “Calm down”
Say “Calm down” in time with song.

depth breath
Take a deep belly breath.

count out loud
Count out loud in time with song.

Verse 2

angry
Claw shape RH tips on chest. Draw up and out in forceful manner.

act
A shape both hands. Alternately move back in circles, brushing thumbs down chest.

hurt
One shape both hands, palms in, tips facing. Move back and forth toward one another. (Sometimes make with H handshapes.)

hand
Open B both hands, left palm slanted right, tips out. Draw little finger side of RH across left wrist in slicing motion.
Verse 3

Angry
Claw shape RH tips on chest. Draw up and out in forceful manner.

Hurt
One shape both hands, palms in, tips facing. Move back and forth toward one another. (Sometimes make with H handshapes.)

Body
Open B shape both hands, palms in, tips facing. Pat chest, then stomach.

Calm
C shape both hands, left palm right, right palm left. Cross at mouth then draw down and apart.
The Anger Song

1. Anger is a feeling. It rushes up inside.
2. Anger stops us thinking; it makes us want to act.
3. It's important to remember that our anger can cause harm. But our anger is a feeling. It can ways that could hurt others with our anger won't cause trouble if we catch you by surprise. We keep our body calm.

4. But all feel angry sometimes, but acting mean is not okay.
The Anger Song (continued)

When we're feeling angry, we must calm down right away.

Put your hand on your tummy (hand on your tummy).

Say "calm down" (calm down). Take a deep breath (uh - huh).

Count out loud:

one, two, three, four.