

Music by Dennis Westphall

# 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

continued on page 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.

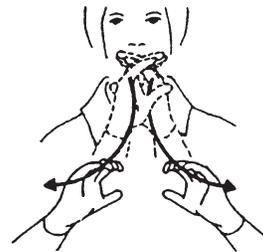
## Chorus



**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.

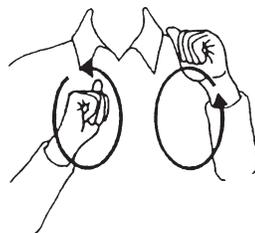
**deep breath**  
Take a deep belly breath.

**count out loud**  
Count out loud in time with song.

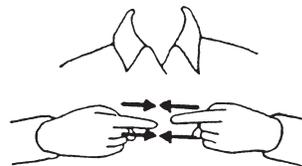
## Verse 2



**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.)



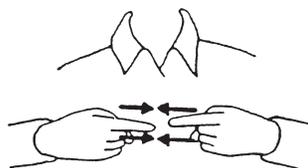
**hand**  
Open B both hands, left palm slanted right, tips out. Draw little finger side of RH across left wrist in slicing motion.

## Verse 3



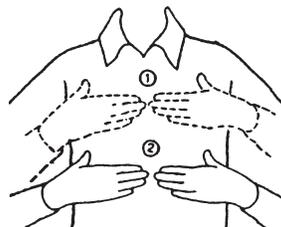
### angry

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



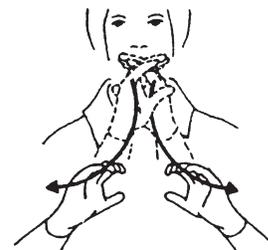
### hurt

O 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

♩ = 130  
Shuffle Blues

E

1. An - ger is a \_\_\_ feel - ing. \_\_\_ It  
 2. An - ger stops us \_\_\_ think - ing; \_\_\_ it  
 3. It's im - port - ant to re - mem - ber \_\_\_ that our

3

rush - es up in - side. \_\_\_  
 makes us want to \_\_\_ act \_\_\_ in  
 an - ger can cause \_\_\_ harm. \_\_\_ But our

5

A

An - ger is a feel - - - ing. It can  
 ways that could hurt oth - - - ers with our  
 an - ger won't cause trou - - - ble if we

7

E

catch you by sur - prise. \_\_\_ We  
 words or with our hands. \_\_\_  
 keep our bod - y calm. \_\_\_

9

Bm7

all feel an - gry some - times, \_\_\_ but

11

A

act - ing \_\_\_ mean is not o - kay. \_\_\_

# The Anger Song (continued)

When we're feel - ing an - gry we

15 A G A  
must calm down right a - way.

18 E  
Put your

20 A  
hand on your tum - my (hand on your tum - my).

22 E A  
Say "calm down" (calm down). Take a deep breath

25 B7  
(uh - huh). Count out loud:

28 E7 D7 C7 B7  
one, two three four.