



THE **ANGRY** SONG

Access the video and the song here <https://youtu.be/UqOo47PGzoA>

When I feel angry, my heart beats fast. My fists get tight, my breath won't last.
My face feels hot, my voice gets loud. It's hard to stay calm in a noisy crowd.

It's okay to feel angry. Feelings are real. But I can choose how I deal.
I can show my feelings in a safe way and still have a calmer day.

Sometimes I'm mad, sometimes upset. It feels like a storm I can't forget.
I want to shout or stomp my feet. But I, can choose a, calmer beat.

It's okay to feel angry, feelings are real. But I can choose how I deal.
I control my feelings in a safe way and still have a calmer day.

Take a breath 1, 2, 3 count to 10 so quietly.
Stretch my arms or walk away I can find a better way.

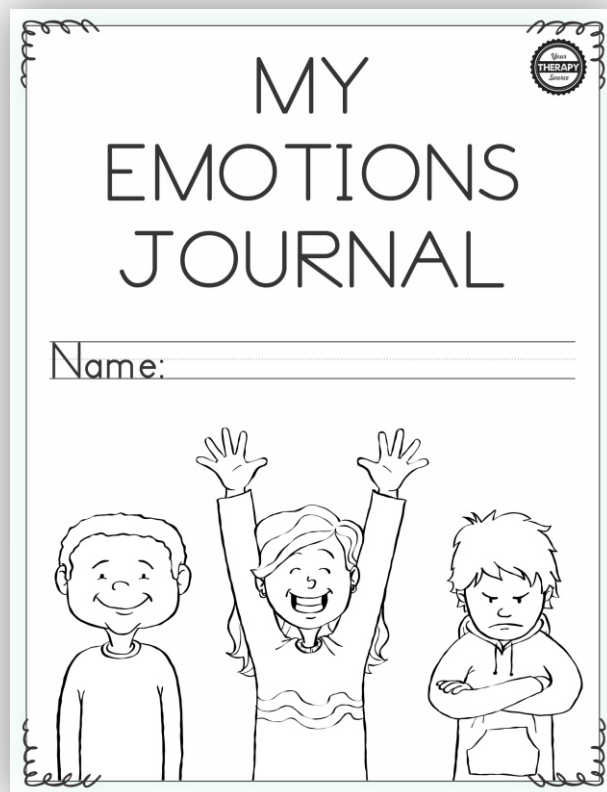
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I control my feelings in a safe way and still have a calmer day.

When I calm down I feel so strong. I can choose right and not go wrong.
Anger fades I feel okay. I'm ready to smile and play today.

It's okay to feel angry, feelings are real. But I can choose how I deal.
I control my feelings in a safe way and still have a calmer day.



Sample Pages from My Emotions Journal

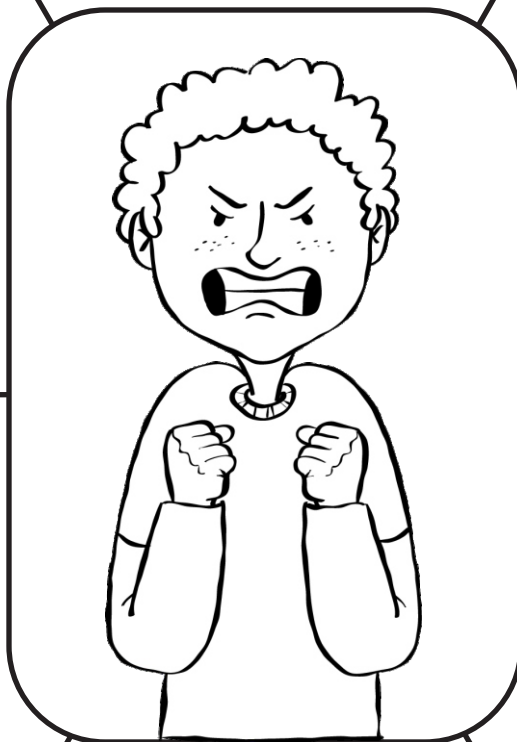


Get the complete boys and girls
My Emotion Journals at

www.yourtherapysource.com/product/emotional-regulation-worksheets/

I FEEL MAD

List words or draw pictures to describe mad or angry.



Date:

I feel mad when



Date:

When I am mad, I can
use my strategies.

1

2

3

4

5

6

7

8

9

10



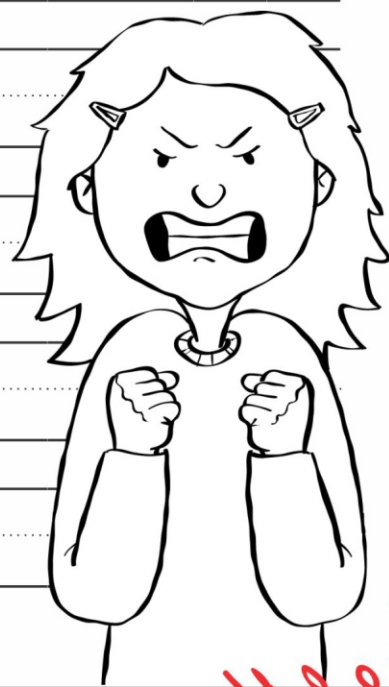
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