**I Get Angry Lyrics**

By: David Kisor

I get angry, I get angry,

But I don’t let the anger get me (2x)

When ever I get steamed up

I find a way to set the team free

I get angry, I get angry,

But I don’t let the anger get me (3x)

When ever I get steamed up

I find a way to set the team free

I get angry, I get angry,

But I don’t let the anger get me

Dialog:

**Teacher:**

Boys and girls, tell me some ways you deal with anger?

**Student:**

-I count to three

-I can take a deep breath

**Teacher:**

Hey I do that sometimes myself

**Student:**

-I can cross my arms

**Teacher:**

Oh, thats good!

**Student:**

-I can stomp my feet

-I can say stop, to myself, I can go off and be by myself

**Teacher:**

A very good way to handle it!

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You can watch the video here: https://www.youtube.com/watch?v=cSVm12OSlug