

Blow that ANGER OUT!

If you don't let go of anger,
It won't let go of you.
When you feel yourself getting angry,
There are things that you can do.
Blow that anger out!

When you feel that anger boiling up,
You don't have to shout.
Breathe and think when you're angry,
Blow that anger out!

Breathe and think...
Think about what to do.
You can use your words when you're angry,
Or find a place to think it through.
Blow that anger out!

Breathe and think...
Think about what to do.
You can make a choice, you have a voice,
Make the choice that's best for you.
Blow that anger out!