Mad

big block singsong

Have you ever been so angry you can stomp you feet? Have you ever been so mad you get tears? Have you ever been so angry that your head gets hot feels like steam shooting out of your ears? Everybody feels that way now and then everybody out there gets mad. Here's a little trick that might help you feel better. You may not end up feeling so bad. Breathe out. Breathe in. Take some time. Count to 10. Now you're ready to begin. To cool it down. Think about it. Now you're cooled down it might be easier to think. Think about it. Things might not feel so bad. Talk about it. Talking about it might help you feel better. Might making you not feel so mad. It's hard not to be angry when you break your favorite thing. It's tough when you spill stuff too. For those times when it feels like everything's going wrong. Feels like it was just raining on you, yeah... but here's what you can do. breathe out. Breathe in. Take some time. Count to 10. Now you're ready to begin. To cool it down. Now you're ready to begin. To cool it down.

Lyrics Submitted by Kendall

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