

# The Meanies

Words and music by Ruth Pelham

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When you're feeling really mean  
And you're feeling really angry  
And you feel you want to get into a fight  
You want to kick, you want to punch, you want to bite  
You want to scratch, you want to pinch  
You want to make somebody flinch  
And you don't care if it's wrong or if it's right

## CHORUS

Yo, ho, ho, the Meanies are here  
Mean, angry Meanies  
Meanies angry everywhere  
Yo, ho, ho what are you going to do  
When Meanies make you do mean things that you don't mean to do

You can take a big, deep breath  
Not let the Meanies get your best  
When Meanies make you do mean things that you don't mean to do

When you're feeling really mean  
And you're feeling really angry  
And you feel you want to get into a fight  
You want to clench your fists and shut your teeth down tight  
You want your eyes to look like ice  
You want your face to look not nice  
And you don't care if it's wrong or if it's right

## CHORUS

You can slowly count to ten  
And if you need to count again  
When Meanies make you do mean things that you don't mean to do

When you're feeling really mean  
And you're feeling really angry  
And you feel you want to get into a fight  
You want to hiss and yell at anyone in sight  
You want to howl, you want to roar  
You want to slam the bedroom door  
And you don't care if it's wrong or if it's right

## CHORUS

You can think and talk it out  
What all these Meanies are about  
You can slowly count to ten  
And if you need to, count again  
You can take a big deep breath  
Not let those Meanies get your best  
You can stop and sing this song  
Have all the Meanies sing along  
When Meanies make you do mean things that you don't mean to do