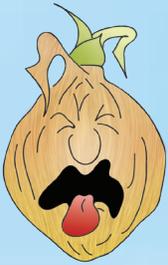


# The A-Z



# of



# Facing Feelings



ages up to 10

## Introduction

# Welcome To Onionhead's A-Z of Facing Feelings

Ages up to 10 is a time when children form their personality in alliance with their soul, through knowing their feelings. Therefore, it is of the utmost importance that we give them tools to be in touch with what they feel, so that Self will not run riot. The more children learn to respect and love themselves, the better chance they have to love and respect someone else. This program teaches that all feelings are acceptable, however, it is what we do with them that counts, which is the Key to Self Love.

The 26 stories deal with the most common problems kids face today. The stories illustrate how Onionhead handles these difficult situations, while sharing his vulnerability with strength and laughter. This book is designed to show children how they can successfully navigate through life with honest communication and shamelessness. The lessons encourage the virtues of sensitivity, empathy, sympathy, compassion and love.

More importantly, this manual will enable everyone to know each other better. It stimulates truth telling and intimacy, which ultimately strengthens the bonds between us.

## Onionhead's Motto

**Peel it – Deal with it – Heal it**

**by**

**Naming it – Claiming it – Taming it and Aiming it!**

Enjoy the journey!

This manual can be used in schools, camp, home, therapists and counselor sessions, with individuals, families or groups. Great for parents, teachers, therapist and counselors.

# Table of Contents

- 1) Lesson A.....Accepted - Rejected
- 2) Lesson B.....Brave - Scared
- 3) Lesson C.....Calm - Frustrated
- 4) Lesson D.....Determined - Doubtful
- 5) Lesson E..... Energetic - Tired
- 6) Lesson F.....Free - Burdened
- 7) Lesson G.....Giving - Selfish
- 8) Lesson H.....Happy - Sad
- 9) Lesson I.....Inspired - Depressed
- 10) Lesson J.....Joyful - Horrible
- 11) Lesson K.....Kind - Mean
- 12) Lesson L.....Love - Hate
- 13) Lesson M.....Magical - Ashamed
- 14) Lesson N.....Nice - Nasty
- 15) Lesson O.....Outgoing - Lonely
- 16) Lesson P.....Peaceful - Mad
- 17) Lesson Q.....Quiet - Loud
- 18) Lesson R.....Relaxed - Stressed
- 19) Lesson S.....Safe - Nervous
- 20) Lesson T.....Thankful - Ungrateful
- 21) Lesson U.....Understanding - Insensitive
- 22) Lesson V.....Victorious - Disappointed
- 23) Lesson W.....Willing - Stubborn
- 24) Lesson X.....eXcited - Bored
- 25) Lesson Y.....Yummy - Yucky
- 26) Lesson Z.....Zestful - Jealous

# ACCEPTED

light feeling

# A

to be recognized, to be believed, to be approved of

# REJECTED

heavy feeling

to be refused, to be denied, to be discarded

My family went on vacation to the beach.  
I tried to swim but the ocean was out of my reach.  
I fell so badly and cut myself under my eye.

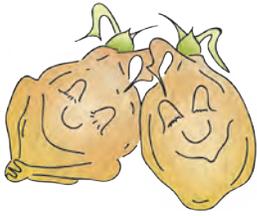
I was lying there **rejected** in the sand  
As the beachgoers screamed and ran,  
Because it seems cut onions make people cry.

I am different from others, it is clear to see,  
But that gives people choices of what we can be  
And helps us answer the question "who am I?"

Suddenly, this beautiful girl was beside me.  
She said that my cut was pretty nasty.  
Her **acceptance** of me as I am, made me teary-eyed.

We are not the same at all in any way,  
Yet we are still such good friends to this day  
Because she gave a 'cut up' onion a try.

**Rejection** hurts very much, to say the least  
Whereas, **acceptance** creates so much peace.  
It opens the doors to love, so don't let it pass you by.



## Lesson A Questions **Accepted - Rejected**



1. Onionhead felt very rejected. Has that happened to you and how did you handle it?
2. Onionhead questions “Who am I?” Make a list of three things that answer the question, “Who are you?”
3. Onionhead made a very good friend from this situation. What do you feel makes a friendship good?
4. Onionhead talks about acceptance. What do you feel acceptance means to you?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Accepted



Rejected



**BRAVE**  
light feeling

**B**

to face with courage and strength

**SCARED**  
heavy feeling

to be frightened, to be fearful

At recess, at the slide, I was the first in line.  
It was finally my turn to shine,  
But then the playground got quiet – not one hooray.

I turned around in time to see  
This bully named George Dupree.  
He pushed in front and I **bravely** said, "HEY!"

He turned to me and raised his fist to punch.  
I was shocked and almost lost my lunch.  
I thought, "Oh my, on the ground I'm going to lay!"

But, instead of being **scared** and a coward  
I suddenly became **brave** and empowered  
And said, "That bullying won't work here, not today."

In shock, he just looked straight at me,  
Maybe because a talking onion is a sight to see.  
He just scratched his head, nodded and walked away.

It is not that being **scared** is bad.  
If you don't feel **brave**, don't feel sad.  
You are **brave** inside, no matter what people say.



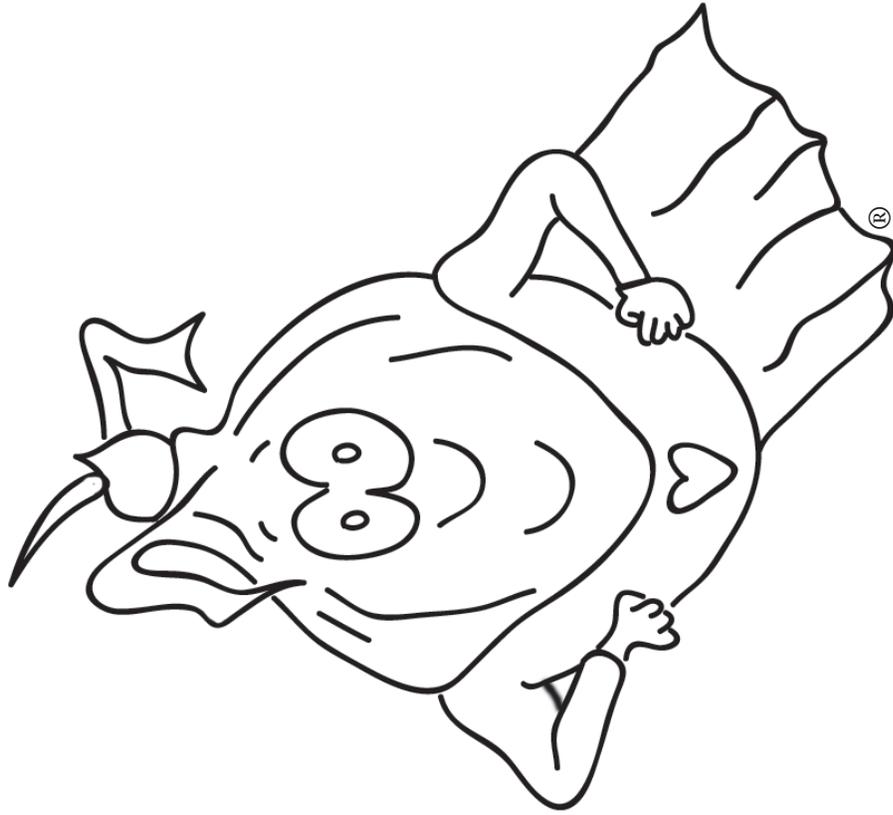
## Lesson B Questions

### Brave - Scared

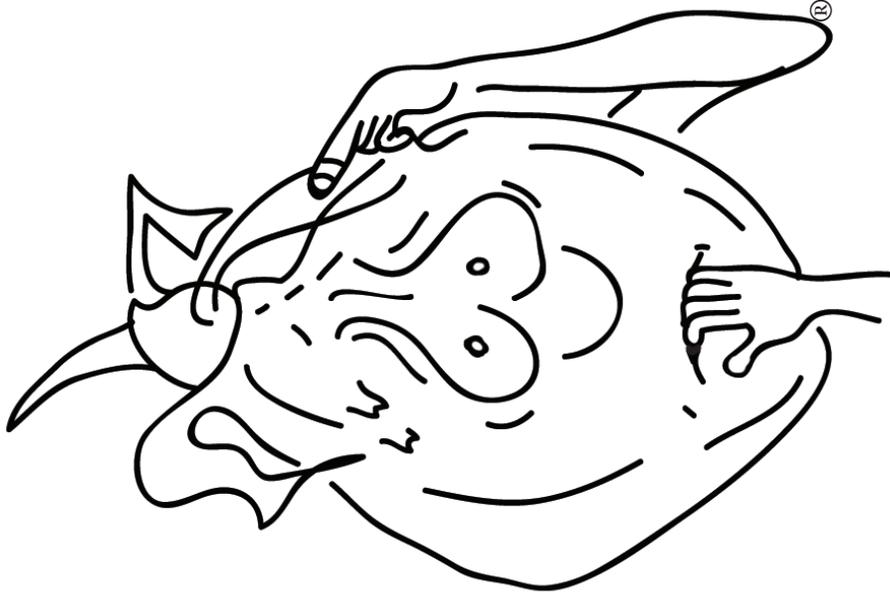


1. Onionhead felt afraid of the bully. Have you ever felt afraid of a bully? If so, what did you do?
2. Onionhead decided to feel empowered. Have you ever been afraid then suddenly you did not feel afraid anymore? If so, explain.
3. Onionhead did not understand why someone had to be a bully to get his way. What do you feel about that?
4. Onionhead feels that everyone is brave inside. Do you agree or disagree? Why?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Brave



Scared



CALM  
light feeling



to be quiet, to be peaceful

FRUSTRATED  
heavy feeling

to be irritated, to be annoyed

I was called up in front of my class  
To explain a project I made out of glass,  
But it is hard for me to say what I intend

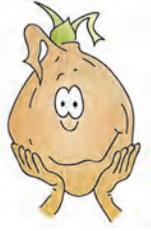
Every time I get in front of a group  
I turn into blended onion soup.  
My words just don't come to my mouth to send.

When I got home, I was so frustrated  
My brain was totally deactivated  
My Mom said, "Calm down and you will mend."

She said, "When we are frustrated, our minds race  
We waste a lot of energy in the chase."  
She gave me a solution on which I now depend.

She said, "Staying calm brings certainty to the mind,  
Then our words just appear when we're in a bind.  
They come to us just like an old faithful friend."

Oh for sure, challenges will still come.  
Keep calm though, and you won't feel dumb.  
It worked for me so it's something I recommend.



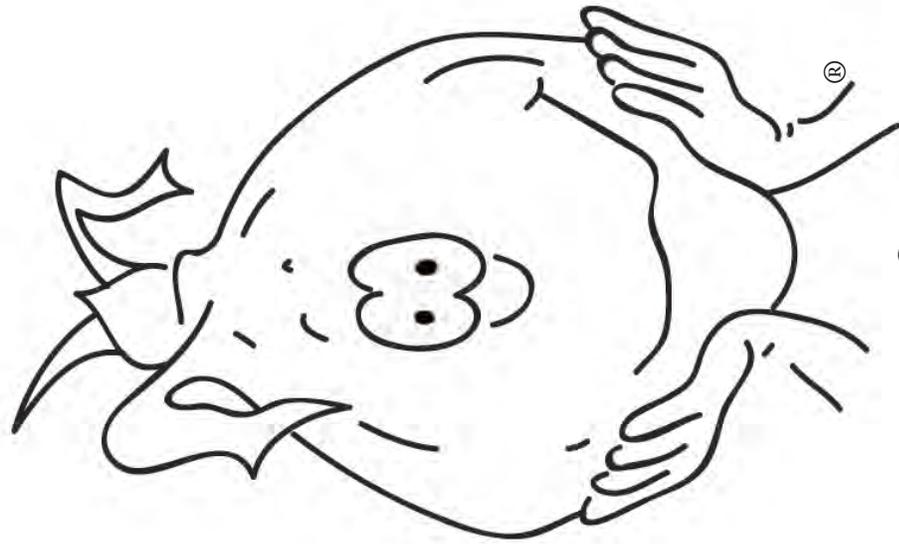
## Lesson C Questions

### Calm - Frustrated

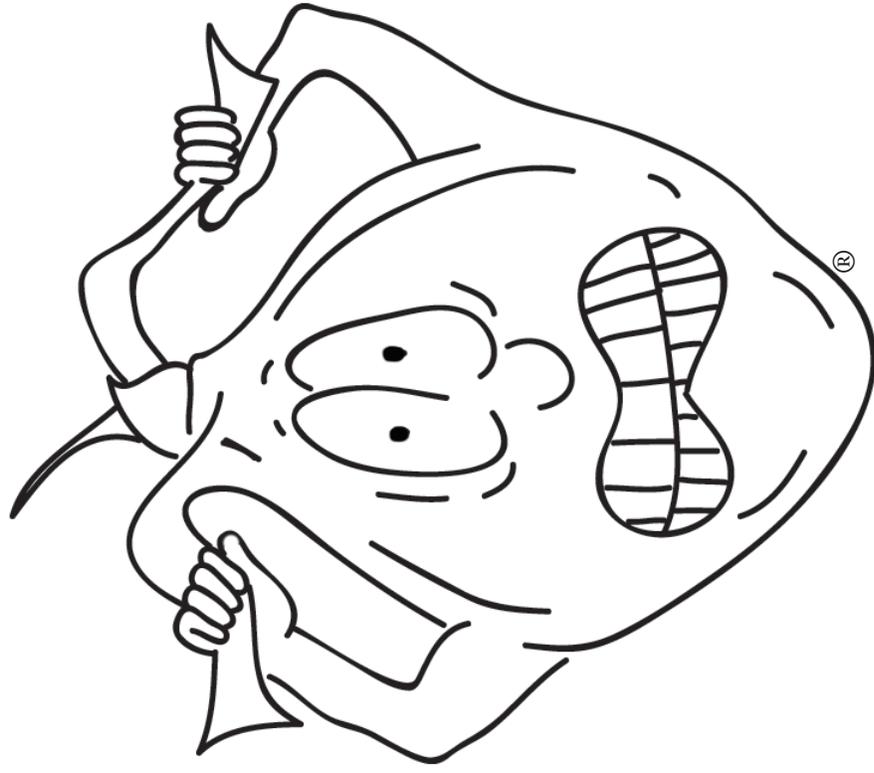


1. Onionhead felt very frustrated. What makes you feel frustrated?
2. Onionhead turned into onion soup when he felt frustrated. What happens to you when you feel frustrated?
3. Onionhead decided to listen to his Mother and stay feeling calm. What do you do to stay feeling calm?
4. Onionhead has learned a good lesson that challenges can be opportunities. Has this ever happened to you and, if so, what happened?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Calm



Frustrated



# DETERMINED

light feeling

# D

to be firm, to not give up

# DOUBTFUL

heavy feeling

to not trust, to be hesitant

I am not very good at cleaning my room.  
I was born in a dirt garden, just before noon.  
The idea of cleaning makes me want to scream.

One day, my friend stiffly said to me  
Cleaning house was as easy as can be.  
It really cut through my self esteem.

So the next day I was **determined** to try  
To clean the kitchen after Chinese stir fry  
But after five minutes, I lost all of my steam.

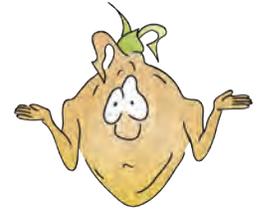
My **doubt** overcame me, I was crying on the floor  
When my Mom walked through the door.  
My failure seemed just so extreme.

She said, "Don't be **doubtful**, just keep going  
Through **determination**, the results will start showing.  
Believe me, it is not as bad as it seems."

I got **determined**, put on the music - This was my chance.  
Not **doubtful**, I got out the broom and started to dance.  
Suddenly, the kitchen was spotless - I had achieved my dream.

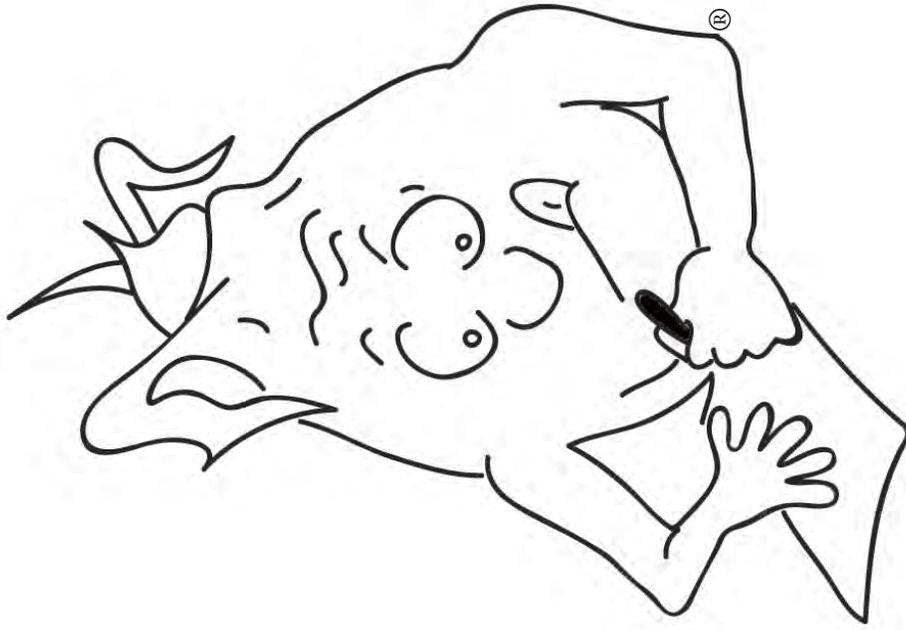


## Lesson D Questions Determined - Doubtful

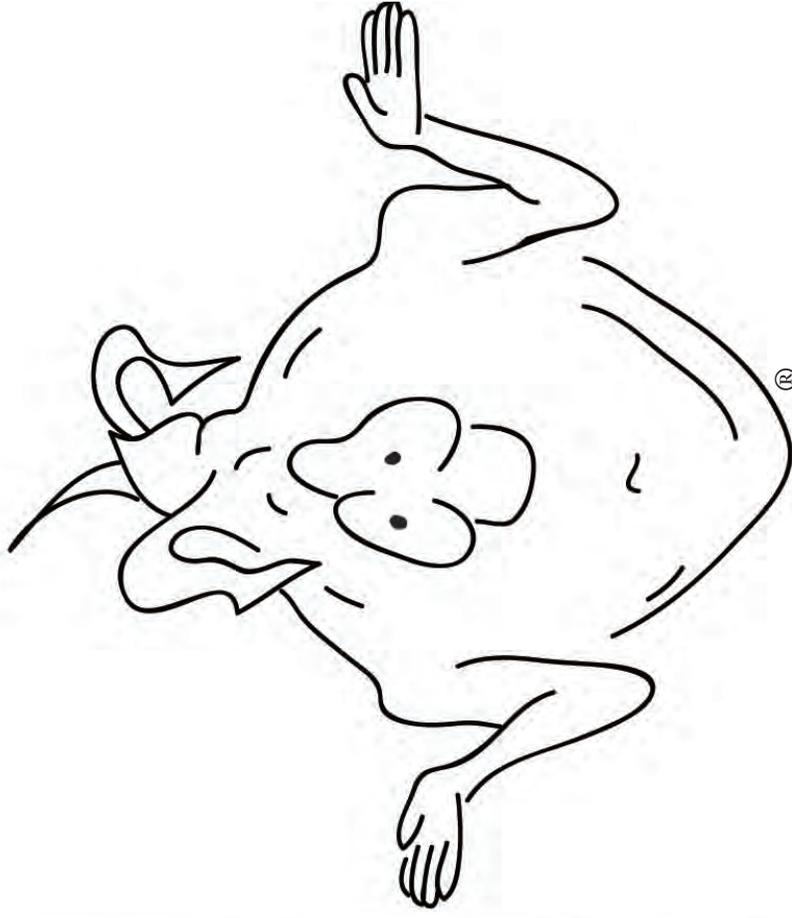


1. Onionhead did not like cleaning his room. Do you like cleaning and why? If you do not like cleaning, why?
2. Onionhead felt very hurt from his friend's words but used them to change himself. Has that ever happened to you and when?
3. Onionhead got very determined to be different. Have you ever gotten determined to be different? If so, explain.
4. Onionhead achieved his dream. What are your dreams and how will you achieve them?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Determined



Doubtful



# ENERGETIC

light feeling

# E

to be lively, to be excited

# TIRED

heavy feeling

to be weary, to have no energy

One morning at school, my teacher read this story  
About an elephant caught in the lavatory.  
While she read, the other kids did not say a peep.

When she finished reading, she asked us to pretend  
Like we were stuck in the very same bend.  
Wow, right out of my chair did I leap.

Suddenly I realized I was the only one  
Who was **energetic** and having so much fun.  
The class laughed at me, which I thought was pretty cheap.

I felt embarrassed about being myself  
I put the rest of my excitement on the shelf.  
Soon I was **tired** and started counting sheep.

I went home crying, my Dad softly said to me,  
"You are **energetically** unique as can be.  
Stay true to yourself is advice I'd like you to keep.

You are meant to stand out, don't try to fit in  
Honor your **energetic** nature, it's your real origin.  
By expressing your heart, you won't be **tired** and fall asleep."



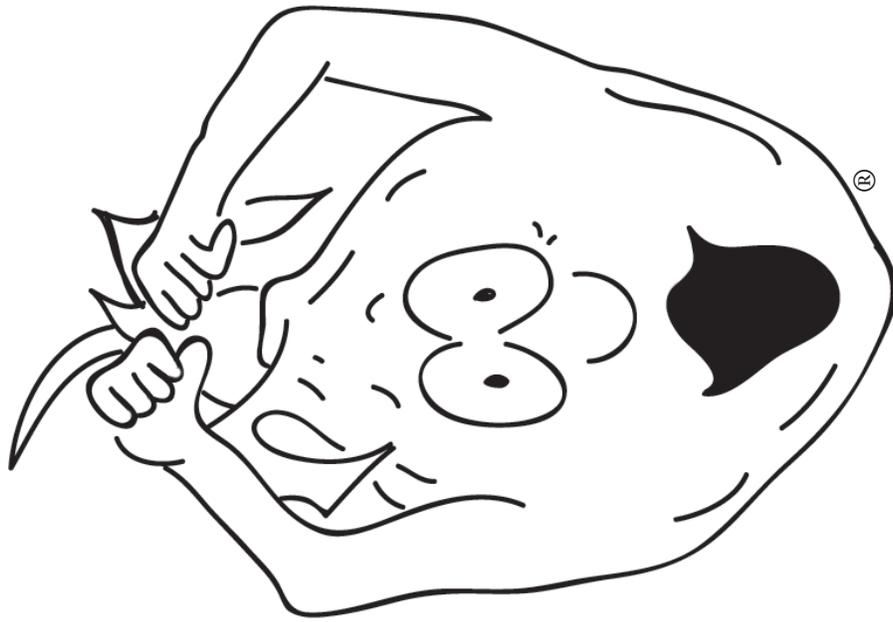
## Lesson E Questions

### Energetic - Tired

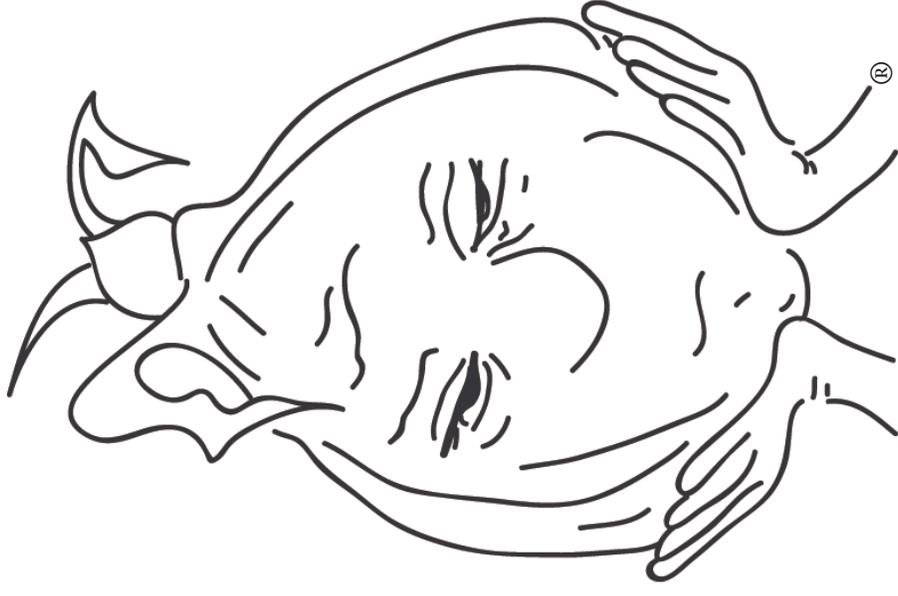


1. Onionhead felt very energetic about the elephant story. When did you feel this energetic?
2. Onionhead felt embarrassed when the kids laughed at him. Has that ever happened to you and what did you feel?
3. Onionhead listened to his Dad and decided to be glad he was himself. What do you like about yourself the most?
4. Onionhead said he would continue to express his heart's desires. What are your heart's desires and how do you express them?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Energetic



Tired



FREE  
light feeling

F

to be limitless, to be in peace

BURDENED  
heavy feeling

to be troubled, to be weighed down

One day my friends and I cut through the neighbor's yard  
It makes the walk home from school half as hard.  
But there was my neighbor, furiously mad, it was unreal.

She yelled at me, "You are destroying my grass.  
Didn't you know it is illegal to trespass?"  
She was so close, I could smell her breakfast – it was oatmeal.

My Dad always told me that when you are in a fight  
Keep your heart free and you will know what is right.  
It lifts the burden of not knowing what we feel.

At that very moment, I just knew  
That the very best thing I could do.  
Was agree that I was wrong in this ordeal.

She became free of her fury, it began to melt.  
She could not stay frozen in how she felt.  
My decision in this matter was obviously ideal.

It is a burden to feel like our choices are few.  
We end up reacting instead of seeing it through.  
Our greatest freedom is knowing what we feel is real.



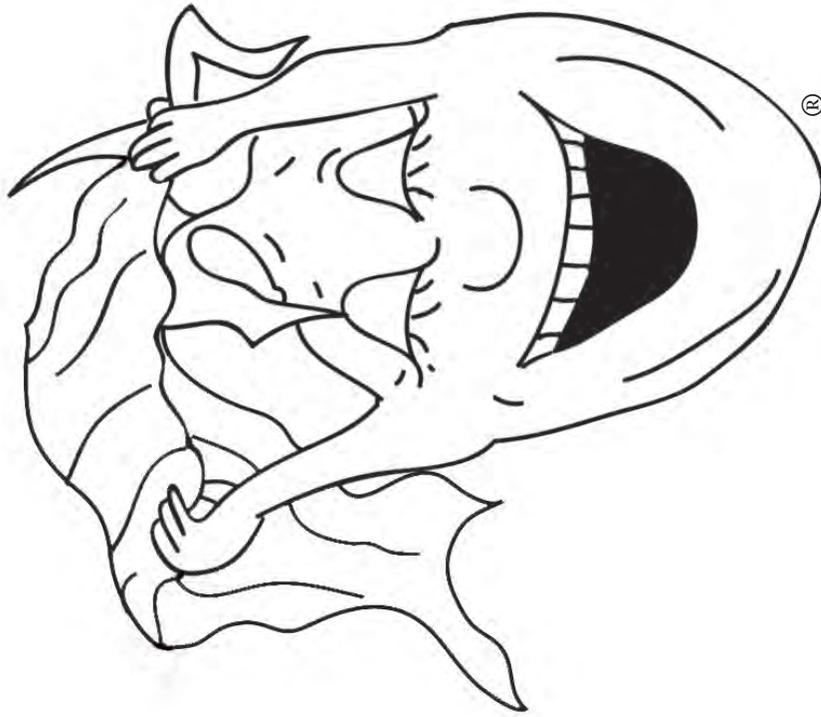
## Lesson F Questions

### Free - Burdened

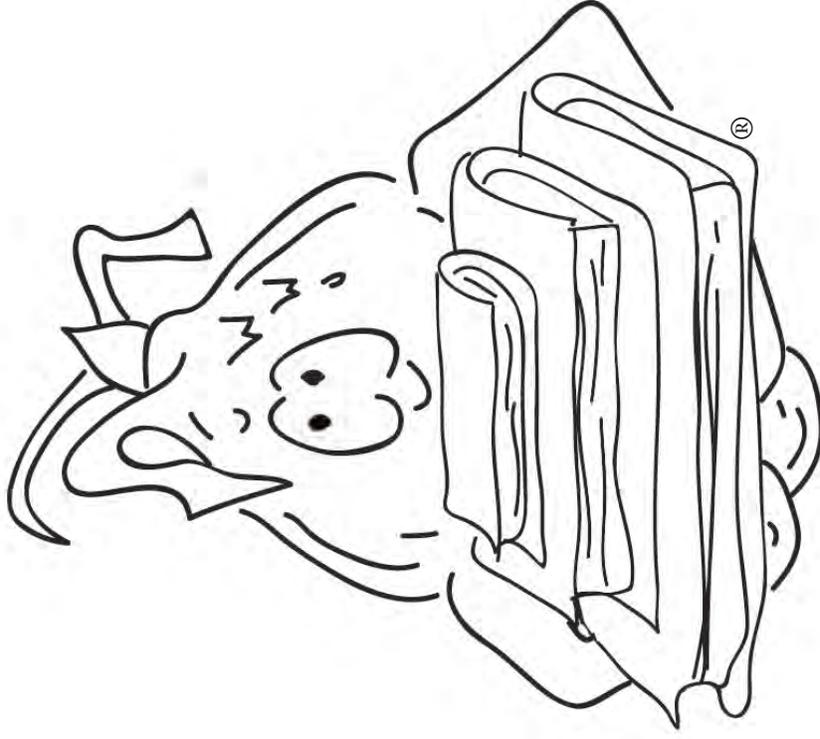


1. Onionhead felt really scared when the woman yelled at him for running through her yard. Have you felt scared over something you did wrong and what happened?
2. Onionhead knew he was wrong and had to make it right in order to feel free. Has that ever happened to you and when?
3. Onionhead went to apologize. Do you find it easy to admit when you are wrong? If not, why?
4. Onionhead felt free because he was not afraid to be wrong about something. Do you understand this? Why or why not?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Free



Burdened



# GIVING

light feeling



to be generous, to care about others

# SELFISH

heavy feeling

to stingily keep things, to be not caring about others

I had my eye on this expensive toy.  
I was sure it would be the height of all my joy.  
Every chance, to my parents, I would drop a clue.

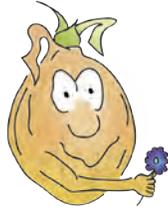
I did not care at all about the cost  
The value of things got completely lost.  
I **selfishly** did not consider my parent's revenue.

My Dad was mad. He loaded the car with my old toys  
And took me to a homeless shelter for girls and boys;  
A place of safety for when they need rescue.

He wanted me to make the donation  
And **give** away my past toy accumulation  
This stop was meant for me to take review.

What I saw made me feel so very sad  
And reminded me to be **giving** with what I had.  
I cried a lot and used up a whole box of tissue.

Sometimes, we all get **selfish**, I believe  
We forget that when we **give**, we receive.  
Receiving is great but **giving** is greater - believe me, it's true!

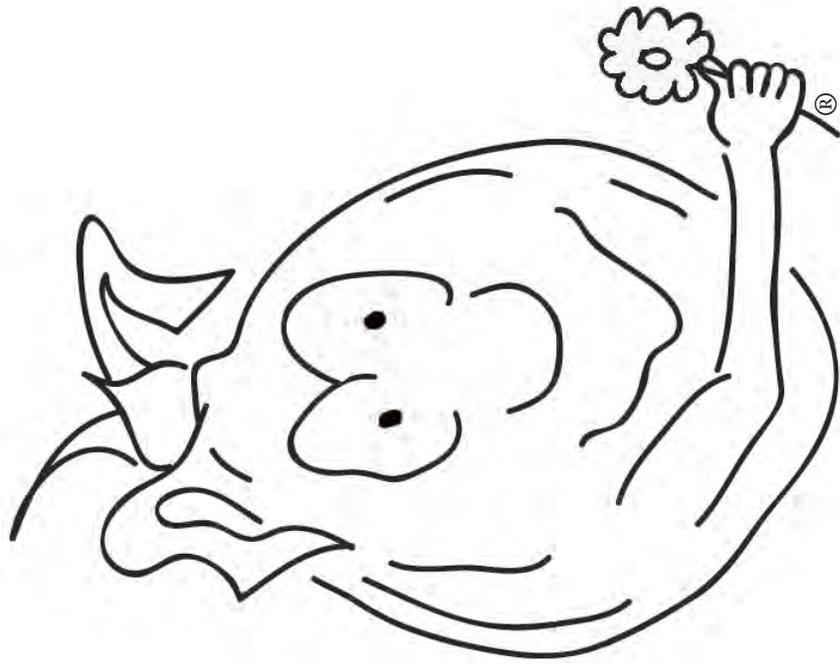


## Lesson G Questions Giving - Selfish

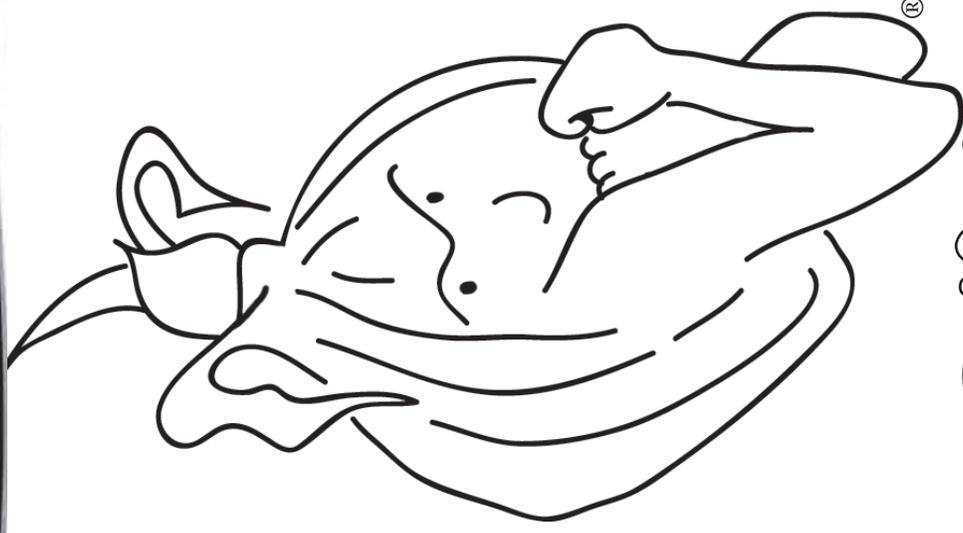


1. Onionhead loved toys and did not care how much they cost his parents. Has that ever happened to you?
2. Onionhead realized that he was selfish. Do you ever feel selfish and why?
3. Onionhead felt so sad at seeing the homeless children. Would you feel sad also?
4. Onionhead knew after being with the children that giving is as good as receiving. Do you believe this? Why or why not?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Giving



Selfish



**HAPPY**  
light feeling



to be cheerful, to be joyful, to be pleased

**SAD**  
heavy feeling

to be gloomy, to be sorrowful

I had a fabulous dog named PicaBoo.  
He was my best friend, we stuck together like glue.  
Everywhere I went, he was sure to follow.

One day last year, he died and left the world.  
Oh how my **sadness** just swirled and twirled.  
I could not find any **happiness**, I felt so hollow.

Some of my friends said I had become a real downer  
Because I was always a permanent frowner.  
I just could not get over feeling **sad** and mellow.

One day my Mom said she knew I missed my friend  
And she also knew our love would never end.  
Then she opened the door and in came our new dog Yellow.

Yellow brings me so much joy, he made a difference  
Sure, I still feel **sad** and miss PicaBoo since,  
But my **happiness** returned and it's not shallow.

Feelings move and feelings change.  
They are not set in stone – They rearrange.  
A **happier** tomorrow is a great belief to swallow.



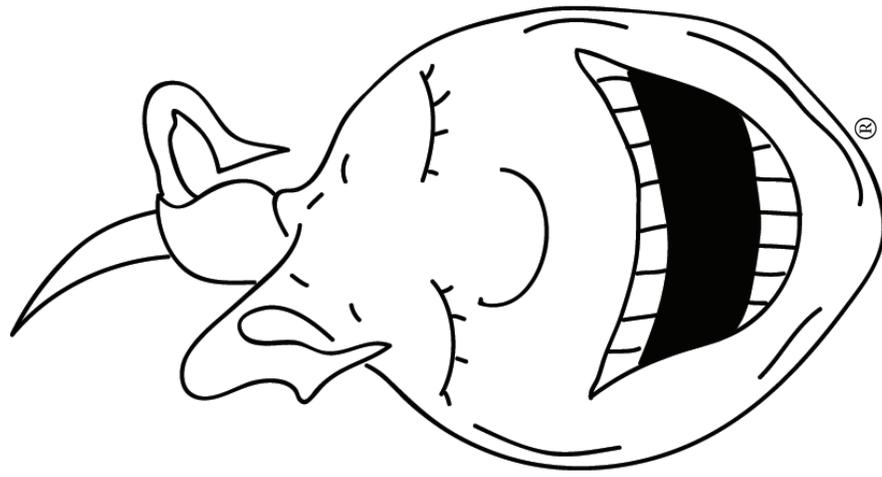
## Lesson H Questions

### Happy - Sad

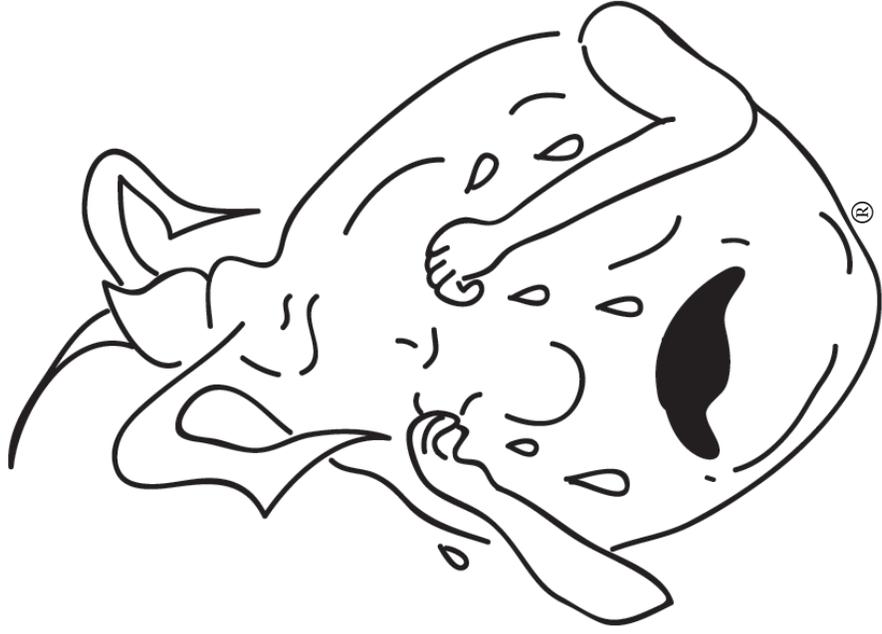


1. Onionhead felt so sad about losing his dog. Has that ever happened to you? If so, how did you feel?
2. Onionhead's friends thought he was a downer. Have your friends or family ever thought that of you? Why?
3. Onionhead finally felt happy because he got a new dog. Have you ever lost a pet and replaced it? If so, how did you feel about the new pet?
4. Onionhead now knows about change and how to accept it. Has that happened to you that you felt sad and then something happened that it changed and you felt happy? If so, explain.
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Happy

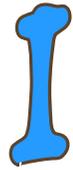


Sad



# INSPIRED

light feeling



to be excited, to delight

# DEPRESSED

heavy feeling

to be sad, to be disheartened

I tried out for the soccer team at school.  
**Inspired**, I thought it would be pretty cool.  
As an onion, I could roll with the ball continuously.

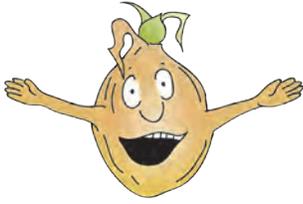
A **depressing** thing happened, I didn't make the cut.  
I began acting out and got in a serious rut.  
I was mad and started behaving obnoxiously.

When the season started, **depression** hit me hard.  
I was quickly in a spiral, heading downward.  
Sleep was the only activity I took on seriously.

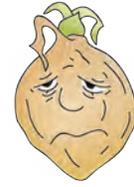
My Mom said, "The way out of **depression** is to get **inspired**,  
To serve others and find people you admire.  
Focusing only on yourself, will keep you down, obviously."

Finally, I decided to go and see the coach  
Since I could not play, I'd try a different approach.  
To my shock, he needed an assistant, and I said "Definitely".

From this, I learned to make every obstacle an opportunity.  
There is a gift in it that sometimes we simply cannot see.  
Keeping **inspired** though is what makes dreams a possibility.

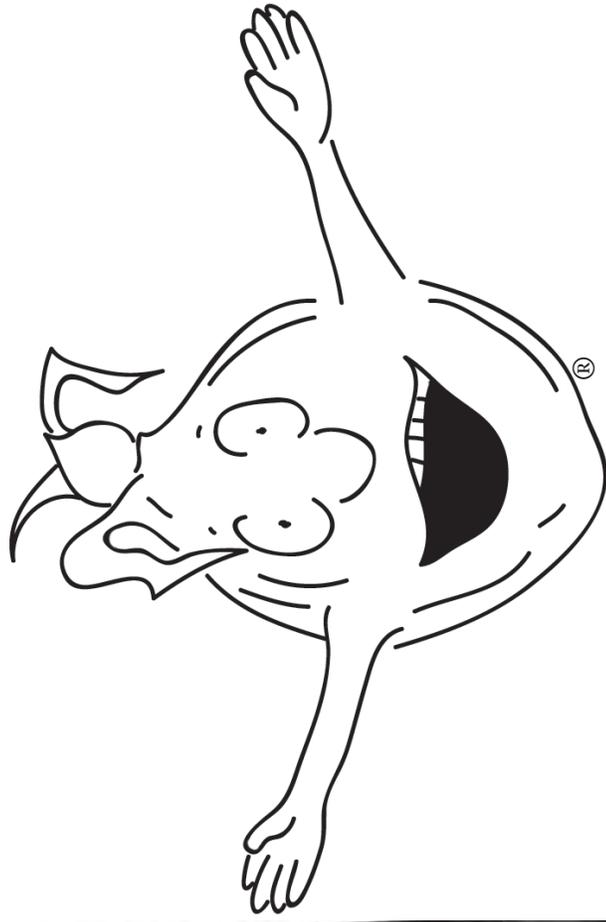


## Lesson I Questions Inspired - Depressed

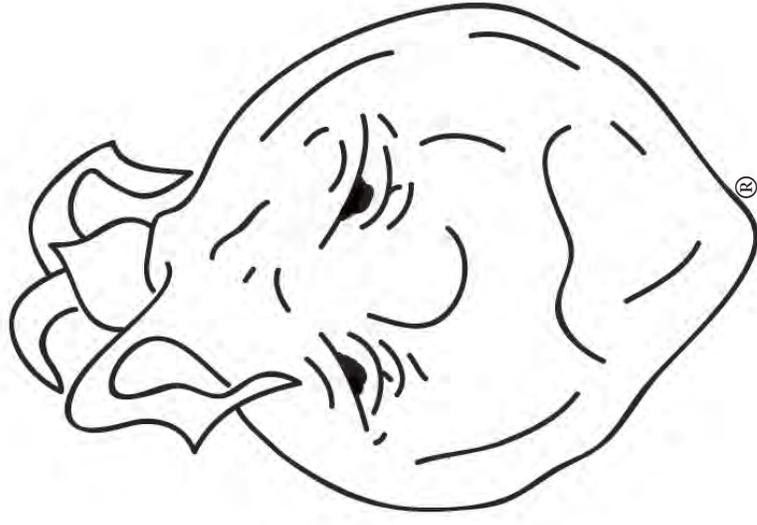


1. Onionhead felt depressed because he did not make the team. Have you ever felt depressed over a similar disappointment?
2. Onionhead went to the coach for inspiration. Would you go to someone to help your depression? If so, who?
3. Onionhead learned a valuable lesson. What was it?
4. Onionhead felt that feeling inspired keeps you in touch with your dreams. Do you feel this way? Why or why not?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Inspired



Depressed



JOYFUL  
light feeling

J

to be happy, to be carefree

HORRIBLE  
heavy feeling

to be sad, to feel awful

It all began at practice for school choir.  
We were singing about water and fire.  
I was chosen to be the soloist for the concert in May.

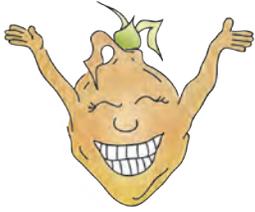
When I sing, I feel my insides smile.  
My joy is visible for many a mile.  
I'd like to be The Onionhead® the rock star someday.

But when my friends laughed at me, I felt like a misfit.  
Horribly, my best friend Suzan took it to the limit.  
I could not believe our friendship she'd betray.

Sadly, there was no time to even rejoice  
For the next day I woke up without a voice.  
I could not send my horrible feelings away.

That evening, there was a knock at my door  
It was Suzan, she was staring at the floor.  
She said, "I'm sorry I was so horrible yesterday."

I forgave her because I could tell she really cared  
And knew my joy was something I wanted shared.  
I made a promise to myself, my singing was here to stay.



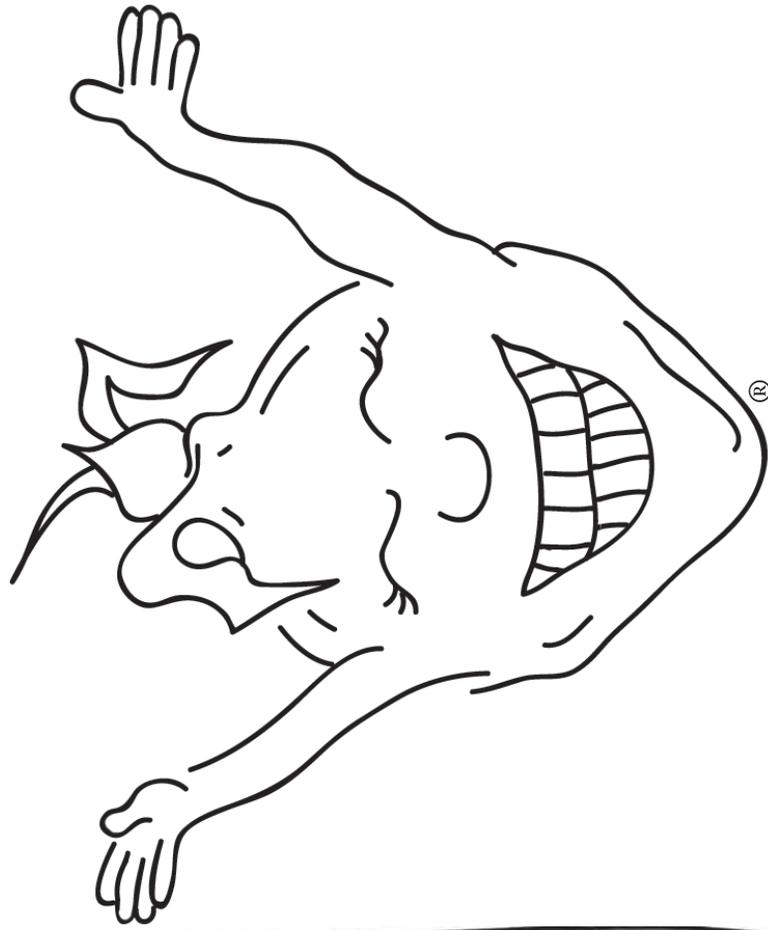
## Lesson J Questions

### Joyful - Horrible

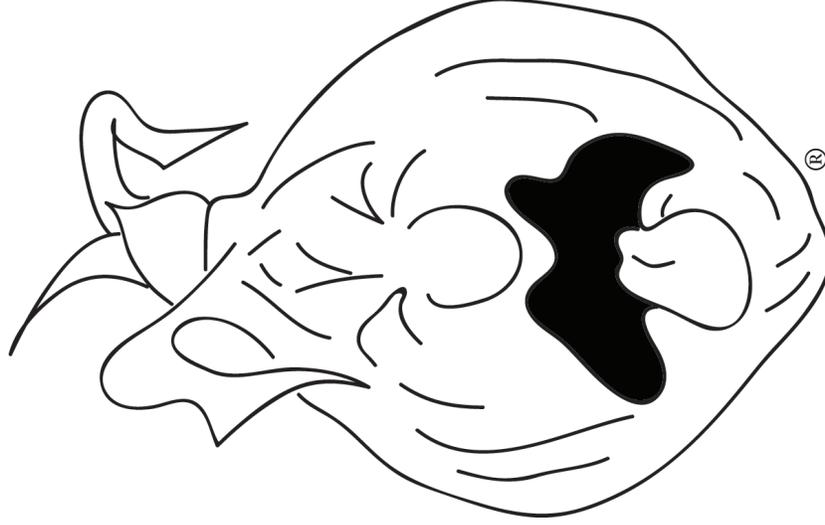


1. Onionhead's joy came from knowing he wanted to be a rock star one day. Do you know what you want to do when you are older? If so, explain.
2. Onionhead's dream came crashing down when his friends laughed at him. Has that ever happened to you and when?
3. Onionhead felt horrible about it all. When have you felt horrible and what did you do?
4. Onionhead's friend made him feel joyful because she apologized. Did you ever feel better when someone apologized to you and when?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Joyful



Horrible



**KIND**  
light feeling

**K**

to be gentle, to be caring

**MEAN**  
heavy feeling

to be nasty, to be cruel

One day, I was on the school bus.  
In the back, there was a huge fuss.  
A kid was being **mean** to this boy Rick hurtfully.

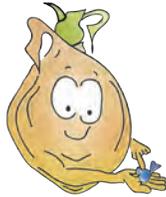
As I walked to my class, I started to think  
That my behavior pretty much stinks.  
I did not help so I was no **kinder** than the mean bully.

I did nothing, witnessing something wrong  
So from him, I cannot sing a different song.  
I was not **kind** and acted so unconsciously.

I went to Rick that day and we turned it around  
Quickly, a beautiful new friendship was found.  
But the trip home was still looming anxiously.

We agreed that if he got picked on, we'd stick together.  
We'd show the bully **kindness** and try to make it better.  
We won, because the two of us took it on to our capacity.

I think when we get **mean**, we go a little blind.  
We get frightened and forget to be **kind**.  
But **kindness** is what makes all **meanness** end differently.



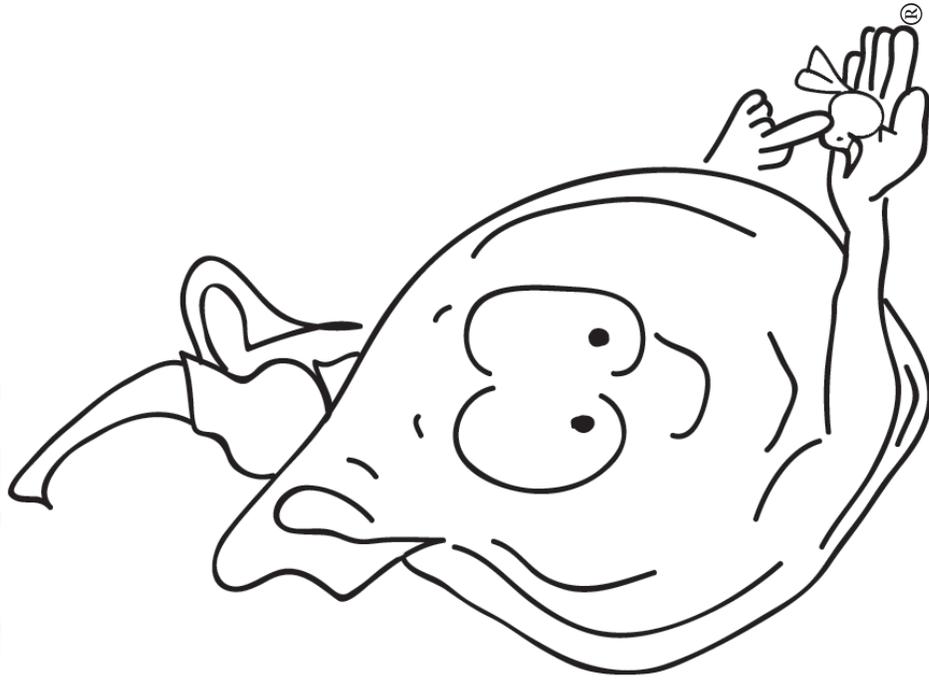
# Lesson K Questions

## Kind - Mean

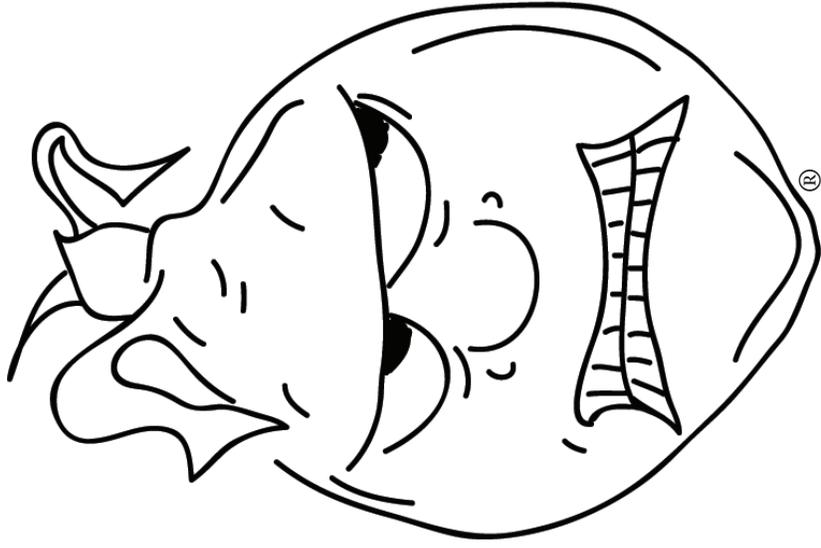


1. Onionhead felt horrible because he did not help the boy when others were mean to him. Have you ever not helped someone when you knew you should have and when?
2. Onionhead decided to let his kindness win and went to the boy to be friends. Have you ever done that and when?
3. Onionhead felt that two people can do more if they stick together. Do you agree? If not, why?
4. Onionhead knew that sometimes when he felt frightened he could forget to be kind. Have you behaved that way and when?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Kind



Mean



**LOVE**  
light feeling

L

deep caring, strong affection

**HATE**  
heavy feeling

to dislike greatly, to despise

For a while I was frequenting this word **hate**.  
I **hated** strawberries, olives and dates.  
The word **hate** in my world was getting energized.

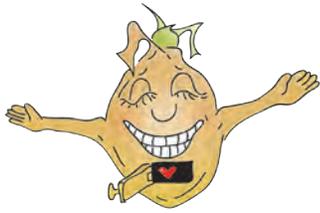
One day I was playing with my best friend Roy  
We fought and in the end he broke my toy.  
I said, "I **hate** you" and he said, "You, I **despise**."

Words can carry a real hard punch.  
It is how **love** ends up getting scrunched.  
If words were hits, we'd both end up hospitalized.

I spoke to my Dad and he set me straight  
About this issue of **love** and **hate**.  
He felt my behavior had not been too wise.

He said, "That **hate** comes from anger or fear.  
**Hate** has one want – for **love** to disappear.  
That from my vocabulary, I should have it exorcised."

Every time we think or say the word **hate**  
We are withholding **love** from its true fate,  
So I went to all I had done wrong and **lovingly** apologized.



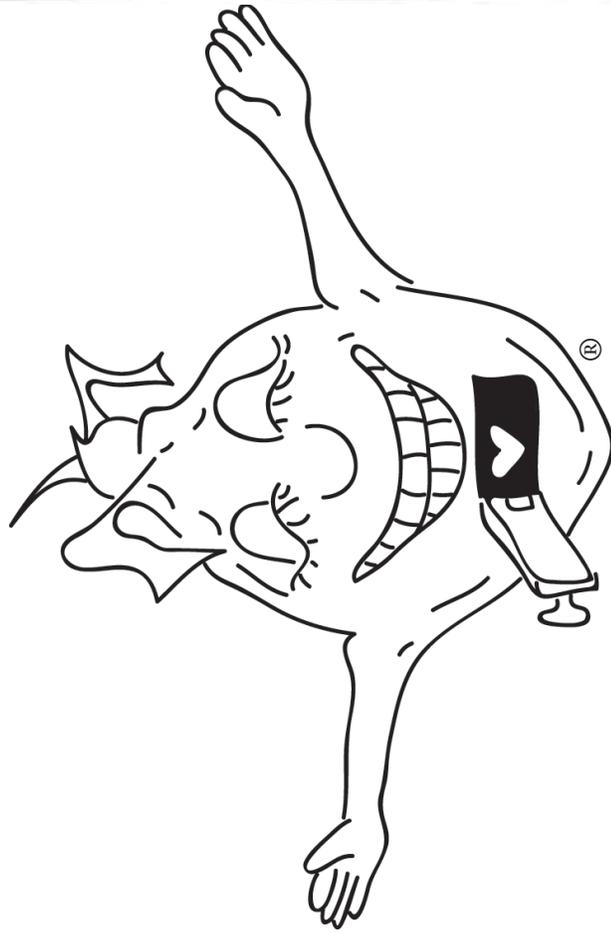
## Lesson L Questions

### Love - Hate

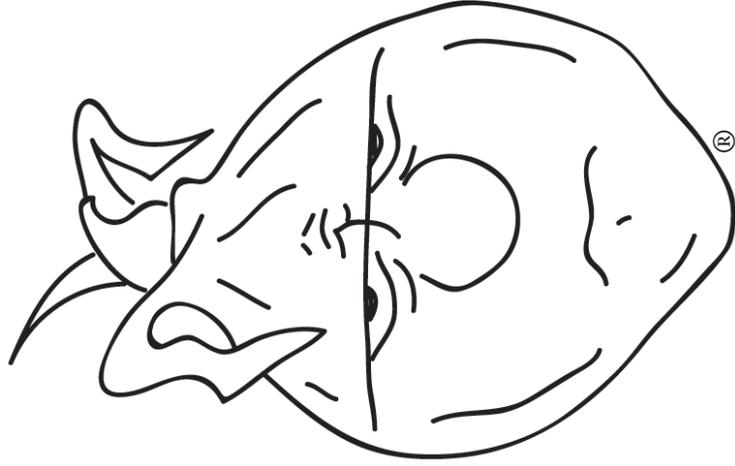


1. Onionhead loved to say the word “hate”. Do you and why?
2. Onionhead realized that saying the word hate was not too smart. Do you agree? If yes, why? If not, why?
3. Onionhead knew that the word hate makes love disappear. What do you think about that?
4. Onionhead then wanted only to concentrate on the word love. Do you feel you could do that? If not, why?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Love



Hate



MAGICAL  
light feeling

M

to be wondrous, to be delightful

ASHAMED  
heavy feeling

to be embarrassed, to be humiliated

One day I purposely stepped on a bug  
I was **ashamed**, but I put it under the rug.  
No one would know but the dead bug and me.

The next day when asked a question, I lied.  
To this **ashamed** business, I was getting tied.  
I thought I better get help to set myself free.

So I went to my Mom and told her what I did.  
She said, "On these bad habits, put on a lid."  
I immediately answered, "I totally agree!"

She said, "Life is **magical** and all can be seen  
No matter what you say or where you have been.  
There are always angels to give us the key.

Our actions are watched because they care  
To guide us to do what is always fair.  
So **ashamed** of ourselves we will never be."

It is not that I won't make a mistake again  
But I will try to be a good man amongst men.  
Now I **magically** look up for a guardian angel to see.



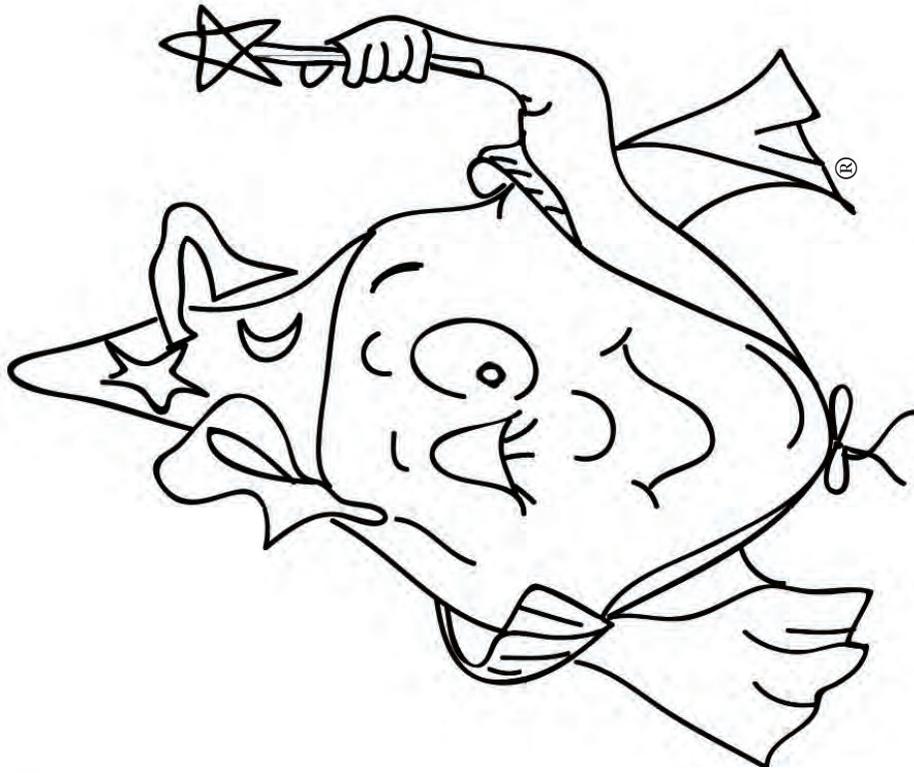
## Lesson M Questions

### Magical - Ashamed

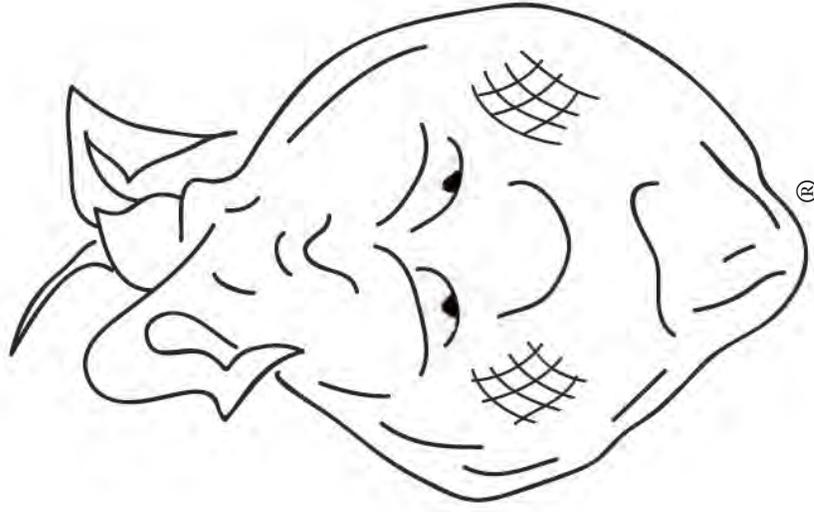


1. Onionhead was building up things he did that he felt ashamed about. Has that happened to you and when?
2. Onionhead felt badly that he killed a bug. Do you feel badly when you kill an insect?
3. Onionhead had great courage to go to his Mom, knowing he felt ashamed. Would you have that courage? If not, why?
4. Onionhead magically found out about angels watching over us. Do you believe in angels? If so, how do they look to you?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Magical



Ashamed



NICE  
light feeling

N

to be pleasant, to be polite

NASTY  
heavy feeling

to be mean, to be spiteful

My Cousin Lula has an interesting personality.  
She has an habit of constantly being *nasty*.  
Her behavior was creating a pretty bad trend.

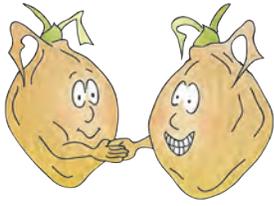
I decided to be *nice* when she asked me to race.  
She tripped me and pushed ahead to first place.  
Even though she cheated, her victory she would defend.

I was angry and frustrated, needless to suffice,  
I said, " Truthfully, for your *nastiness* there is a price.  
Is this why you do not have a single friend?"

When you are *nasty*, love is what you sacrifice  
It is much better to be cooperative and *nice*.  
Otherwise you will have no one on whom you can depend.

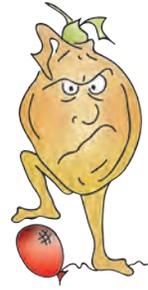
She looked at me Confused like I was from outer space.  
Then she suddenly understood and gave me an embrace.  
And for all her *nastiness*, she *nicely* made her amends.

It was such an amazing, incredible victory;  
She changed her *nasty* habit and listened to me.  
It is wonderful to see *niceness* actually win in the end.



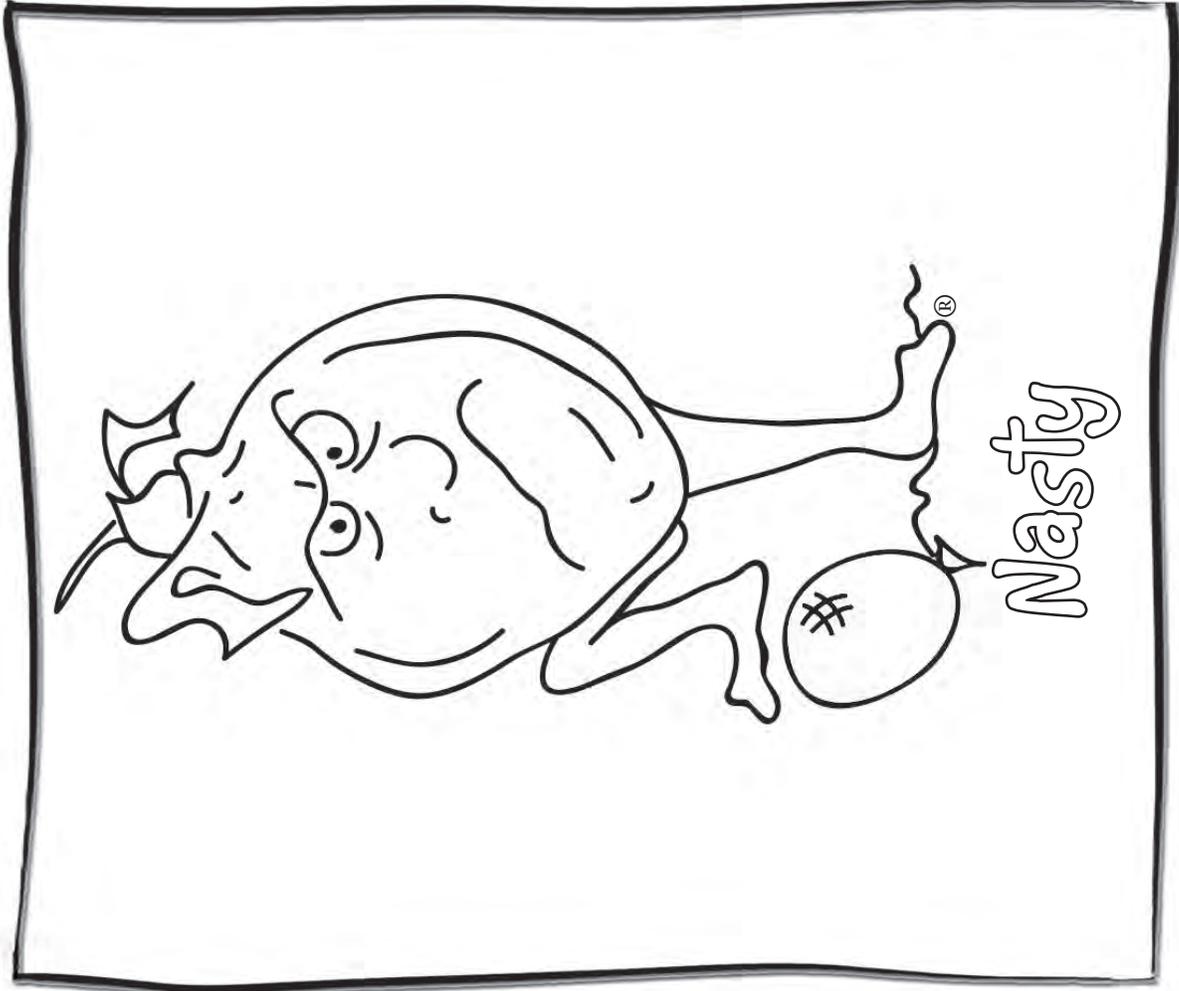
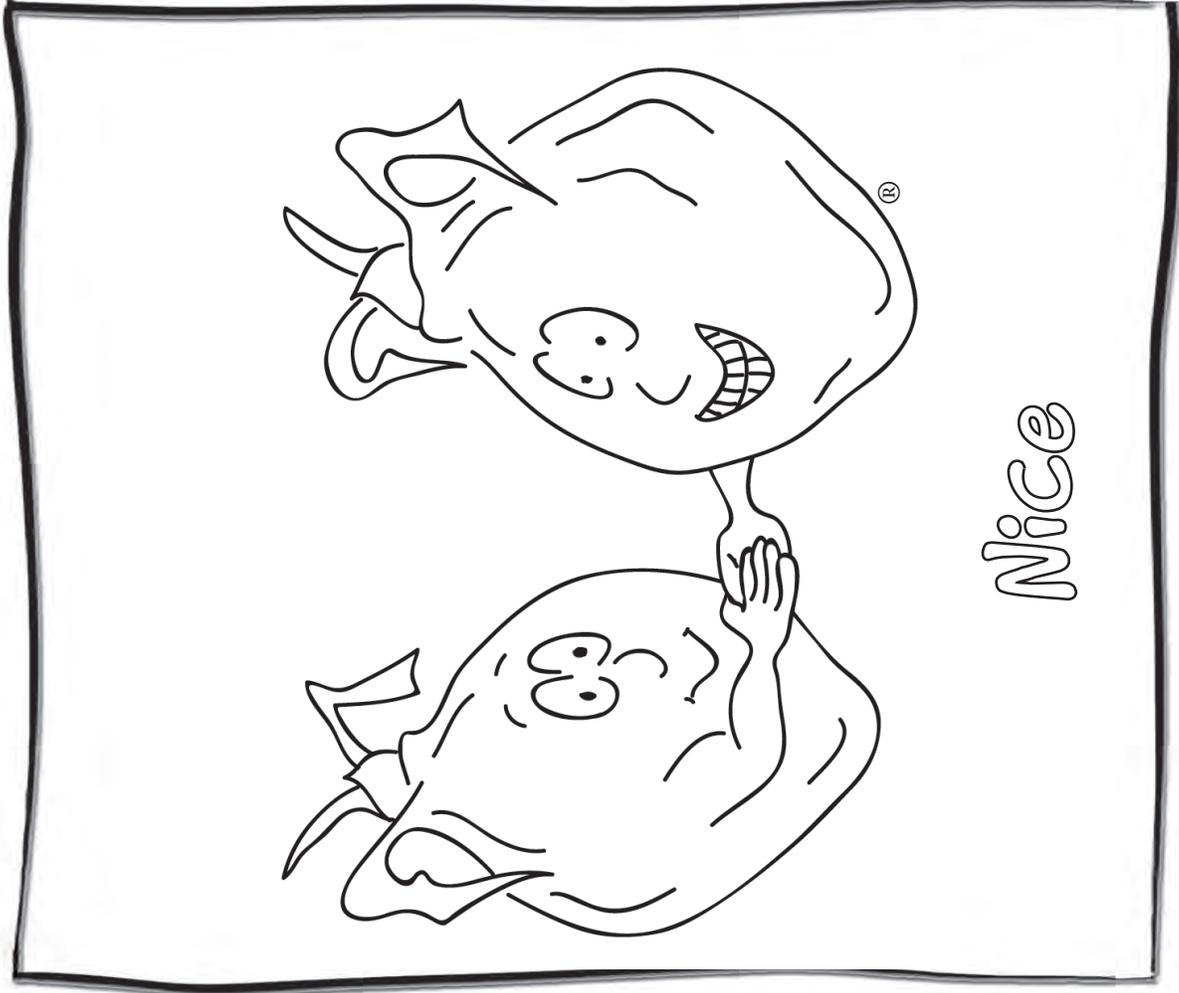
## Lesson N Questions

### Nice - Nasty



1. Onionhead felt frustrated that his cousin Lula cheated. Has that ever happened to you? If so, explain.
2. Onionhead finally told her the truth about her nastiness. Are you able to tell the truth to people who are nasty? If not, why?
3. Onionhead felt that you need to make amends for nastiness. Do you say you are sorry when you are nasty? If not, why?
4. Onionhead feels niceness is a big victory. Do you feel being nice is a victory?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling





# OUTGOING

light feeling



to be friendly, to be sociable

# LONELY

heavy feeling

to be cut off, to feel alone

My parents said we were moving to this mountain town.  
Onions aren't meant for the snow belt, I frowned.  
I felt this was a mistake of terrible extreme.

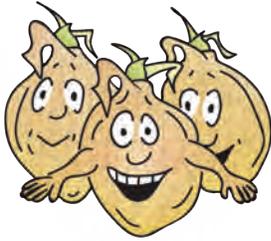
I went to my new school, kids laughed and stared.  
One asked me if I bathed in non-stick cookware.  
This move was awful, I missed my onionized team.

I cried, I was **lonely**, I wanted to make friends.  
I'd have to get brave and risk being rejected again.  
I gave myself a pep talk to raise my self esteem.

I was tired of feeling **alone** and wanted a new start.  
I practiced saying hello, making **'outgoing'** a form of art.  
I was ready to allow my light to brightly beam.

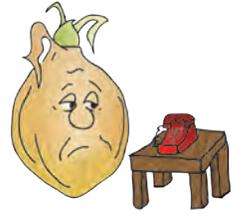
The next day I said hello to absolutely everyone.  
I was myself again and people noticed I was fun.  
Thank goodness my **outgoing**, ways I could redeem.

We have to tell **loneliness** to get out of our way.  
We have to be **outgoing** creating what we want every day.  
This is the road to making life a fun loving dream.



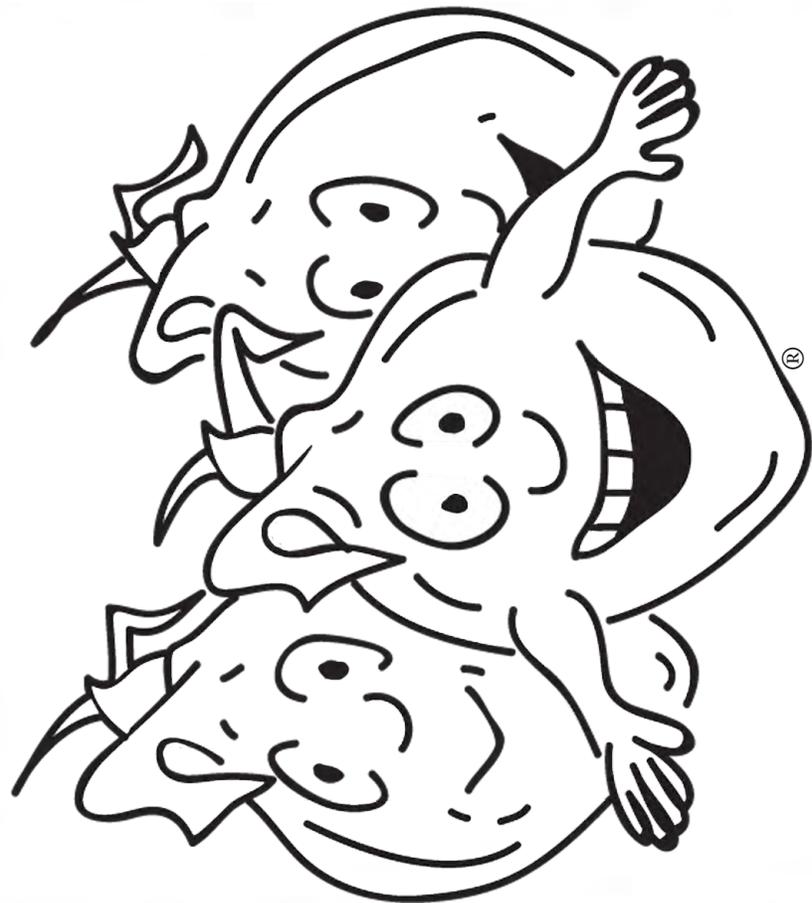
## Lesson O Questions

### Outgoing - Lonely

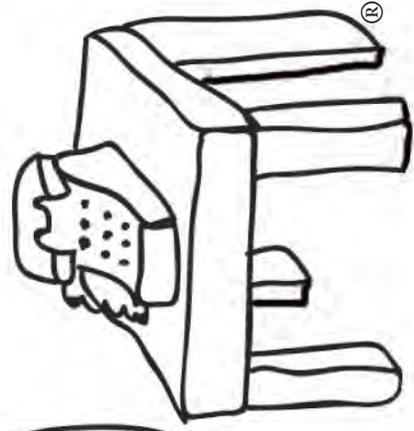
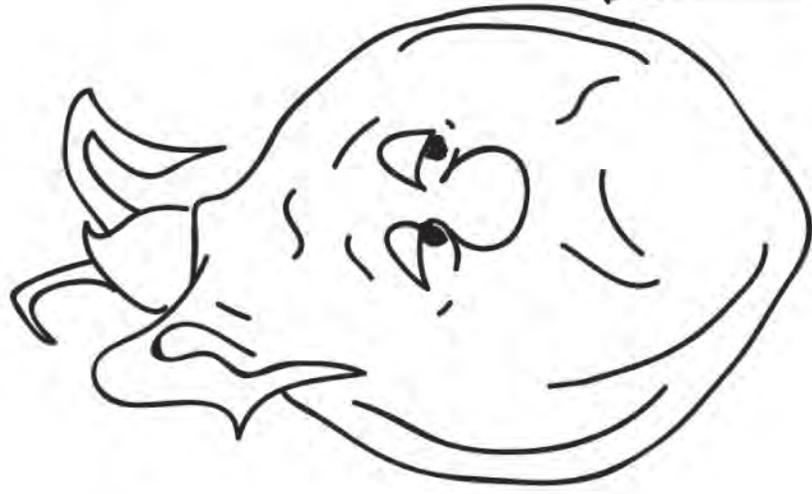


1. Onionhead felt very lonely when he moved to a new town and started a new school, away from all his friends. Has that ever happened to you? If so, how did you feel?
2. Onionhead got tired of his loneliness and decided to do something about it and become outgoing. Could you do that? If not, why?
3. Onionhead started saying hello to everyone. Would you be able to do that? If not, why?
4. Onionhead created what he wanted, which was to have fun. Do you feel you can create what you want? If not, why?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Outgoing



Lonely



PEACEFUL  
light feeling

P

to feel tranquil, to feel serene

MAD  
heavy feeling

to be angry, to be agitated

I have a bad habit of always being late.  
Even though I know it's bad to make people wait.  
But I kind of thought - "What's the big deal?"

One morning because I was late, I missed the school bus.  
My Mom had an appointment, so it was a big fuss.  
She was mad - a feeling she did not want to conceal.

She said, "When you get home, we will need to talk.  
Next time you miss the bus, you will have to walk."  
I knew this was not the best time to make an appeal.

Would you believe my teacher's lesson was about time?  
It was then I understood my Mom's anger and my crime.  
He said we all depended on each other like spokes on a wheel.

My Mom kept her peace because her temper she never lost.  
She never boiled over and never turned to frost.  
She said she was mad, but she stayed peacefully genteel.

We all need to learn to respond to anger and not to react.  
Face your feelings truthfully but keep your peace intact.  
If we all did this, the world would certainly heal.

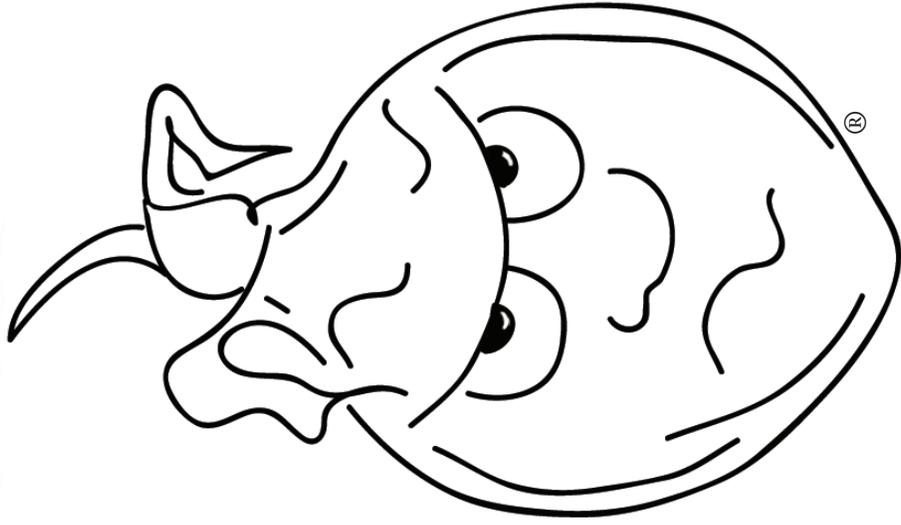


## Lesson P Questions Peaceful - Mad

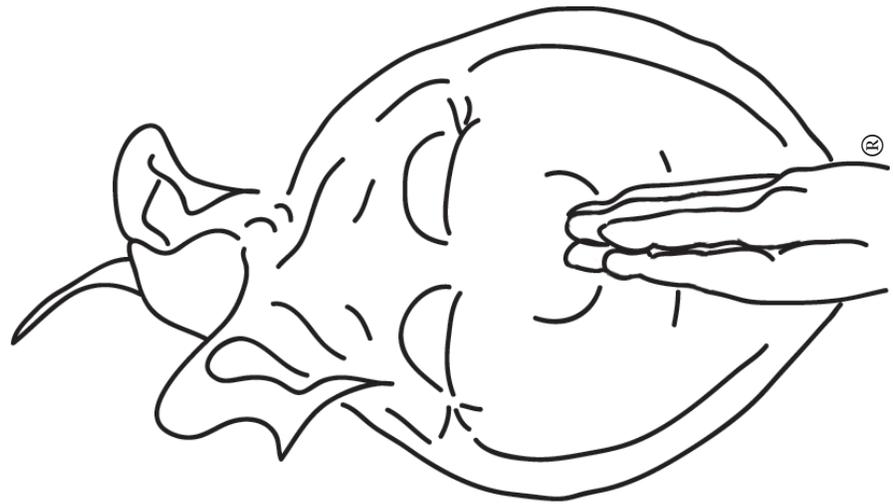


1. Onionhead had a bad habit of being late, which made his Mom mad. Are you the kind who is late or do you make the effort to be on time?
2. Onionhead felt badly that he made his Mom mad. Do you feel badly when you make someone mad?
3. Onionhead learned from his teacher about how important time is. Do you understand how important time is? If so, explain.
4. Onionhead noticed that though his Mom was mad, she spoke peacefully. Do you feel you can speak peacefully even when you are mad? If not, why?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



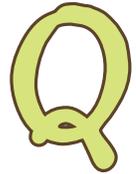
Mad



Peaceful



**QUIET**  
light feeling



to be in a state of calm, to speak softly

**LOUD**  
heavy feeling

to be showy, to be noisy

Once on a hike, I was **loud**, talking indiscreetly  
A butterfly landed on my arm, I missed it completely.  
My Dad said, "You did not understand the butterfly show."

He said, "It is when we are **quiet** that we can reconnect  
To a feeling of peace that is just so perfect.  
It is then our seeds of wisdom can be sowed."

I didn't get it so I kept talking **loudly**.  
I kept asking questions ever so proudly.  
When my Dad asked if some **quiet** time he could borrow.

After ten minutes of silence, because I did obey.  
He said, "**Quiet** time lets your worries wash away."  
So now I practice this method and go with the flow.

Because I learned to be **quiet**, I am now able to see  
So many amazing things, I am even more aware of me.  
I can now sit **quietly** which helps me to mindfully grow.

I have to be honest, I still talk and play in a **loud** way  
And I still ask a million questions each and every day.  
But I also learned how to be **quiet** – it's a good thing to know.



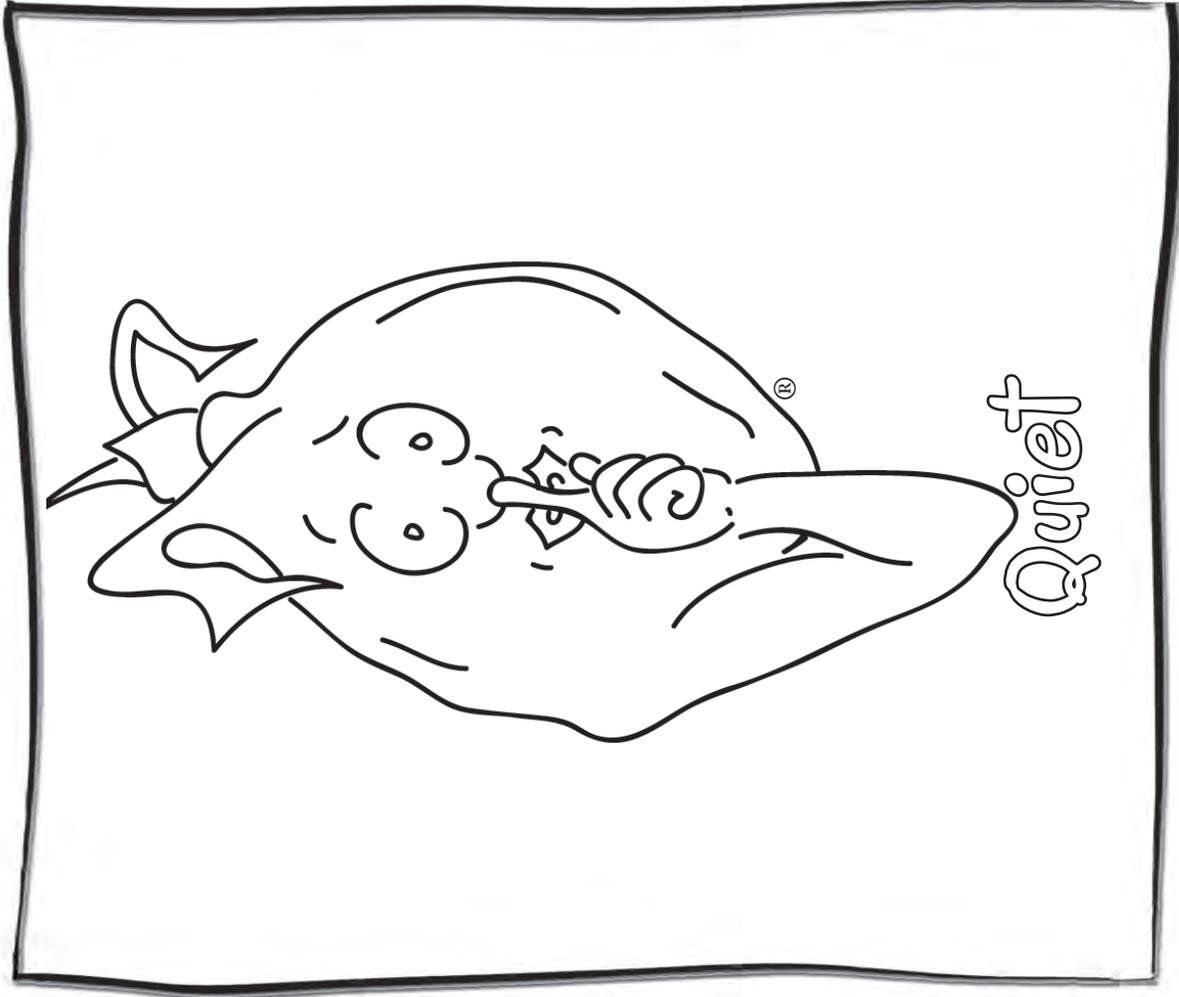
## Lesson Q Questions

### Quiet - Loud

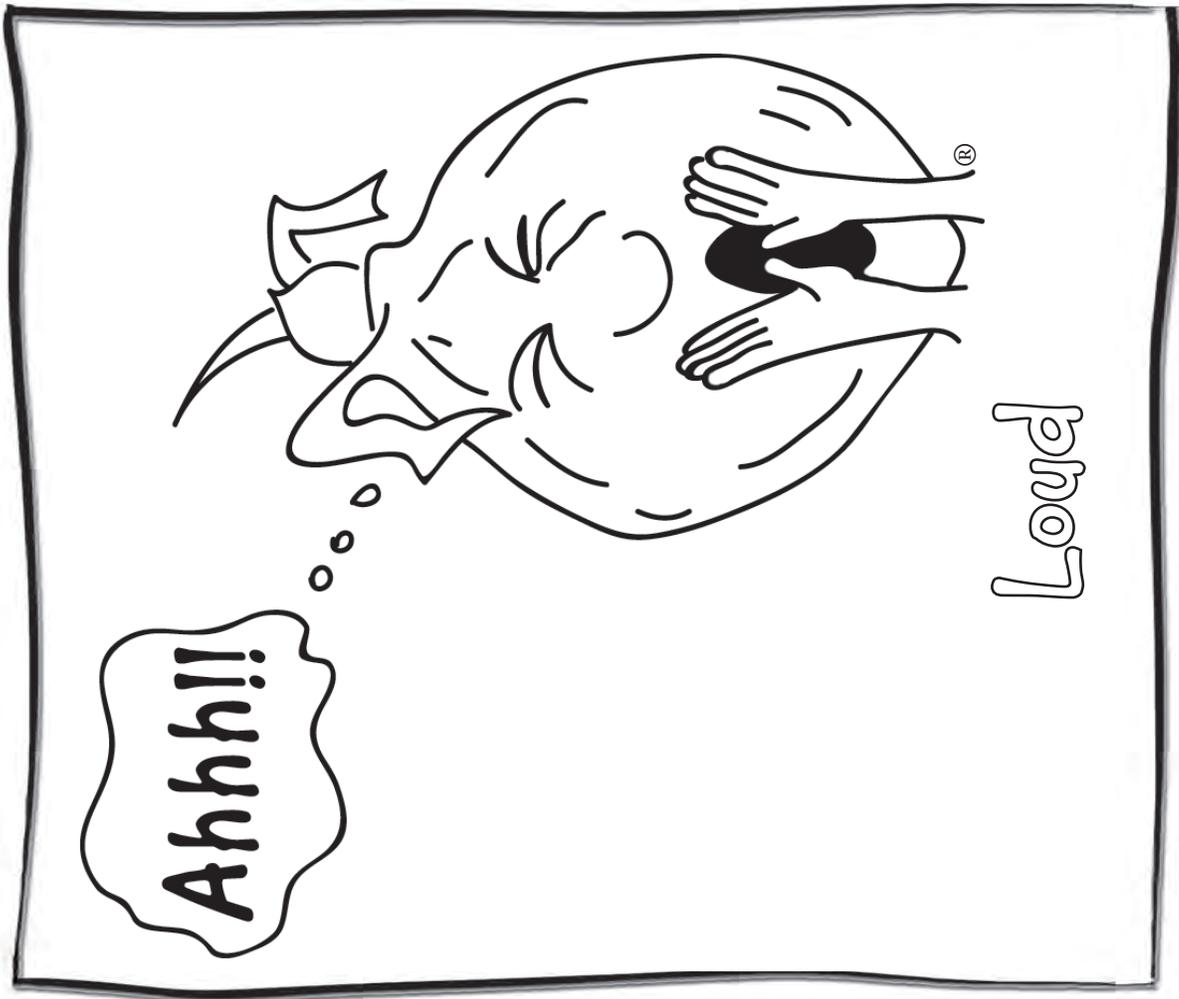


1. Onionhead loved to talk a lot. Do you like to talk a lot or are you more quiet?
2. Onionhead was told by his Dad that he needed to be quiet to think properly. Do you understand what his Dad was saying? If not, why?
3. Onionhead learned that being quiet is a good way to think in a better way. Do you agree with this? If not, why?
4. Onionhead still liked to play loudly and ask a million questions, but he also learned how to be quiet. Do you like to play loudly and ask a million questions?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Quiet



Ahhh

Loud



RELAXED  
light feeling

R

to be untroubled, to be at ease

STRESSED  
heavy feeling

to be tense, to be worried

Let's face it, everyone has **stress** These days.  
Sports, school, friends – worry comes in many ways.  
We have to find a **relaxing** way to handle this issue.

As you can imagine, as an onion, I am not tall  
But I badly wanted to play basketball.  
I am short and wide, I know – not much value.

We had to line up, it was time for the teams to be chosen.  
I was so **stressed**. I was sweating, yet I was frozen.  
I was sure I'd be last picked....guess what?.... it was true!

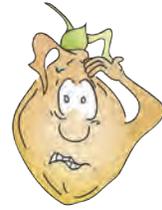
At that moment there was a great thought I had,  
"I may never play NBA, but for an onion, I'm not that bad.  
I will just enjoy my teammates and keep my point of view."

All of a sudden, this relief came over me. I was so **relaxed**.  
I was at peace with the world and not in the least bit taxed.  
I would just give it my best shot and probably miss a few.

We all know that **stress** is something we can do without  
But it comes with life and its lessons, so let's not pout.  
Never worry because **relaxing** with it all is the best avenue.



## Lesson R Questions Relaxed - Stressed

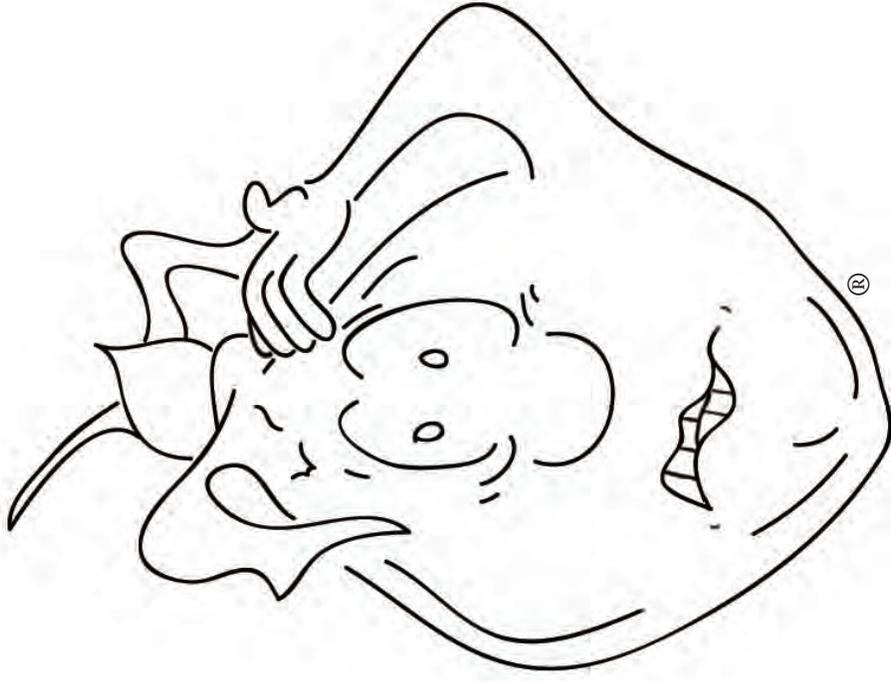


1. Onionhead felt a lot of stress over making the basketball team. Have you ever felt stressed about making the team? If so, explain.
2. Onionhead knew he was not very great at the game but really loved it. Do you feel that way about any sports? If so, which one?
3. Onionhead realized that being stressed was not going to help him so he decided to relax. Do you feel you could feel relaxed while trying out for a team?
4. Onionhead felt at peace from being relaxed. Have you ever felt that way?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Relaxed



Stressed



**SAFE**  
light feeling

S

to be protected, to be relaxed

**NERVOUS**  
heavy feeling

to be anxious, to be uneasy

It was my birthday and my family went outside.  
They got me a new bike, I was beaming with pride.  
I was about to jump on but my Mom made me delay.

She was **nervous**, thinking this was a bad call.  
She made me wear pads thinking the bike was too tall.  
You realize, an onion on a bike is quite a display.

My Dad was excited and ran behind me.  
To be sure I was **safe**, he needed to see.  
When he let go, I thought I would fly away.

Around the corner, I took a fall.  
It helped so much that I'm a round ball.  
I was shaken, but in the end, I was okay.

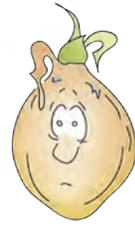
Everything I needed to be **safe** I had;  
Head gear, back gear and many a pad.  
I never got hurt, so my confidence did not sway.

I got back on my bike and off I went.  
'Love is **safety**', was the lesson sent.  
I am ever so grateful to my parents to this day.



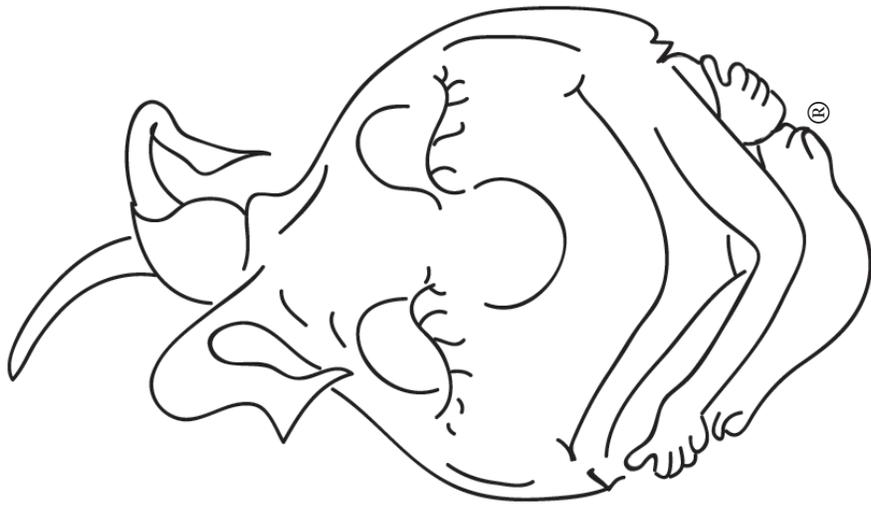
## Lesson S Questions

### Safe - Nervous

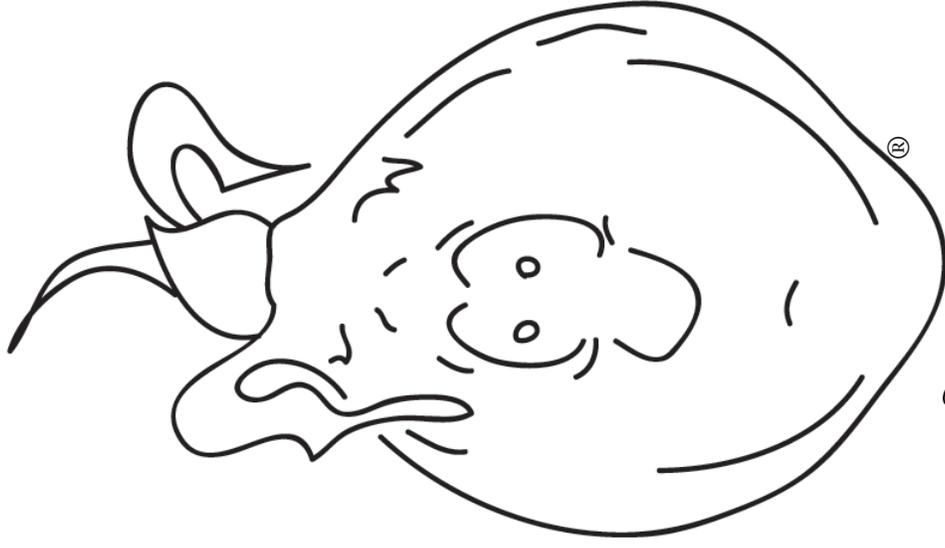


1. Onionhead felt he could ride his new bike with no problem but his Mom felt differently. Has that ever happened to you? If so, explain.
2. Onionhead had to wear pads to be safe and did not like it. How do you feel about having to wear things that keep you safe?
3. Onionhead took a fall, he was shaken but he got right back on his bike. Has this ever happened to you? If so, how did you feel?
4. Onionhead realized that when someone loves you, they like to keep you safe. Do you feel you understand this? If so, explain.
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Safe

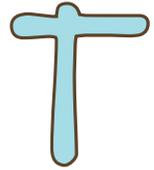


Nervous



# THANKFUL

light feeling



to be grateful, to be appreciative

# UNGRATEFUL

heavy feeling

to be unappreciative, to not be thankful

I went on a treasure hunt at my Uncle Rob's house.  
We had to find clues supposedly left by a mouse.  
Whatever we found, we were to get a little money.

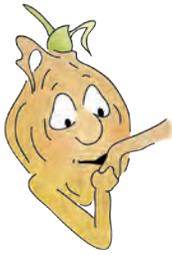
At one point my Cousin wanted to quit.  
She did not understand the fun we all got from it.  
She was **ungrateful** and became quite whiney.

Oh she made me overwhelmingly mad.  
She was so horrible, it was really bad.  
She never said **Thank you** and behaved **ungratefully!**

I am the youngest of this onion bunch.  
But I won because I had a strong hunch.  
I so **appreciated** my Uncle Rob's creativity.

I was **thankful** to him because it was so great.  
With his help from the game and my savings to date,  
I was able to make a donation to my favorite charity.

I was so happy to play seeing the joy it brought  
And the money helped me to serve others a lot.  
I was completely **thankful** for this sharing opportunity.



## Lesson T Questions

### Thankful - Ungrateful

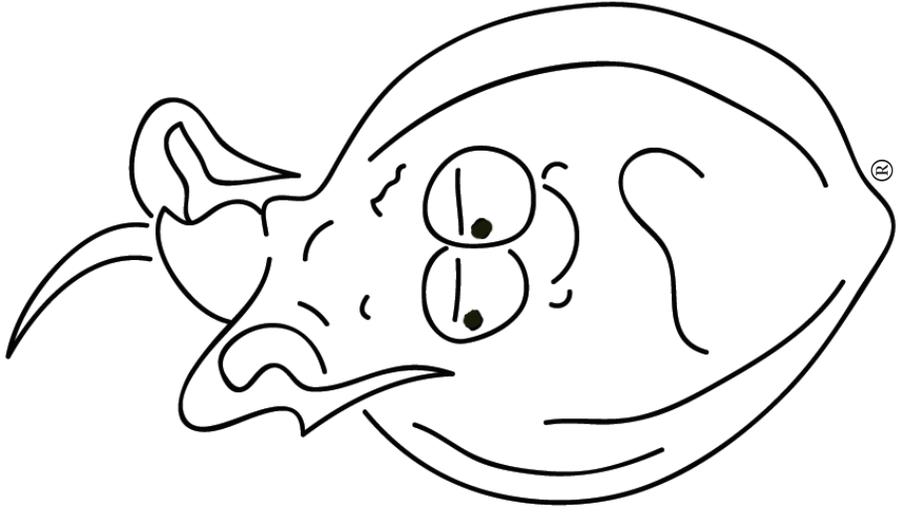


1. Onionhead went on a treasure hunt at his Uncle Rob's house and loved it. Have you ever been on a treasure hunt and did you like it? If not, why?
2. Onionhead felt very thankful to his Uncle Rob for doing this. Who do you feel thankful to and for what?
3. Onionhead felt mad because his cousin was ungrateful and whiney. Do you get mad at people who are ungrateful and whiney? If so, explain.
4. Onionhead won the money and gave it to charity because he felt so appreciative. Have you ever given something to charity? If so, explain.
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Thankful

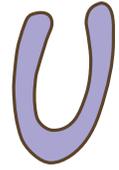


Ungrateful



# UNDERSTANDING

light feeling



to be sympathetic, to be supportive

# INSENSITIVE

heavy feeling

to be unfeeling, to be uncaring

A kid in my school got hurt playing football.  
It was really bad and he was in the hospital.  
The whole school rallied around his family.

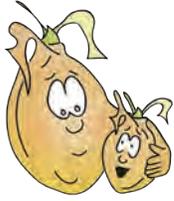
We had an assembly to get an update  
To better **understand** about his difficult fate  
When the girl I was next to laughed loudly.

I tried to let her **insensitivity** go,  
I felt like she was a terrible foe.  
But an **understanding** thought came to me.

Perfectly, later that day, I saw her again.  
She was in a compromising situation.  
While taking a test, she needed a pen desperately.

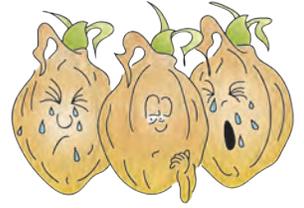
I helped her out, I did not say a thing.  
She was so grateful for my **understanding**.  
Her previous **insensitivity** left her feeling terribly.

Truths told, being **insensitive** is being cruel,  
So listen carefully to the golden rule:  
**Understand** others, as you'd like to be **understood**, ultimately.



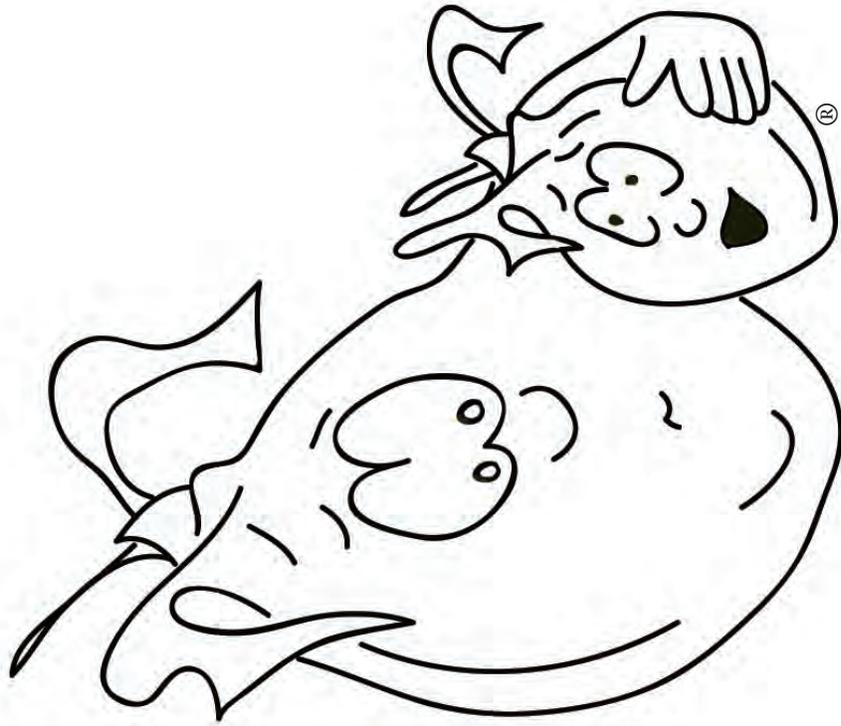
## Lesson U Questions

### Understanding - Insensitive



1. Onionhead felt very badly about a boy getting hurt at school. Has that ever happened to you? If so, explain.
2. Onionhead felt mad at a girl who laughed at the boy getting hurt and felt her insensitivity. Have you ever been insensitive? If so, why?
3. Onionhead taught the girl by being understanding of her needing help, later that day in class. Has that ever happened to you? If so, explain.
4. Onionhead felt insensitivity is cruel and understanding is kind. Do you agree with him? If not, why?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Understanding



Insensitive



**VICTORIOUS**  
light feeling



to be triumphant, to win

**DISAPPOINTED**  
heavy feeling

to be let down, to be sad

Because of my report card, my parents would be **disappointed**.  
It was awful, my grades were not good and very disjointed.  
I tried to think of a reason I could defend.

So I hid it where they would not find the spot.  
I'd be disowned and have to live with Aunt Shallot.  
The decision of hiding report cards, I don't recommend.

When I did give it to them, they read it line by line.  
They only cared about what the teacher defined  
About my efforts that I lazily did not extend.

My parents did not care about the grades I got;  
It was my lack of effort that made them distraught.  
But this **disappointment**, I could certainly mend.

Some teachers said I tried, some said I did not;  
Only for not trying in trouble I got.  
It was a new definition of **victory** I could now comprehend.

If we try and fail, that is still **victory** and success  
If we fail to try, we will be **disappointingly** less.  
For it is only in the trying are we **triumphant** in the end.



## Lesson V Questions

### Victorious - Disappointed

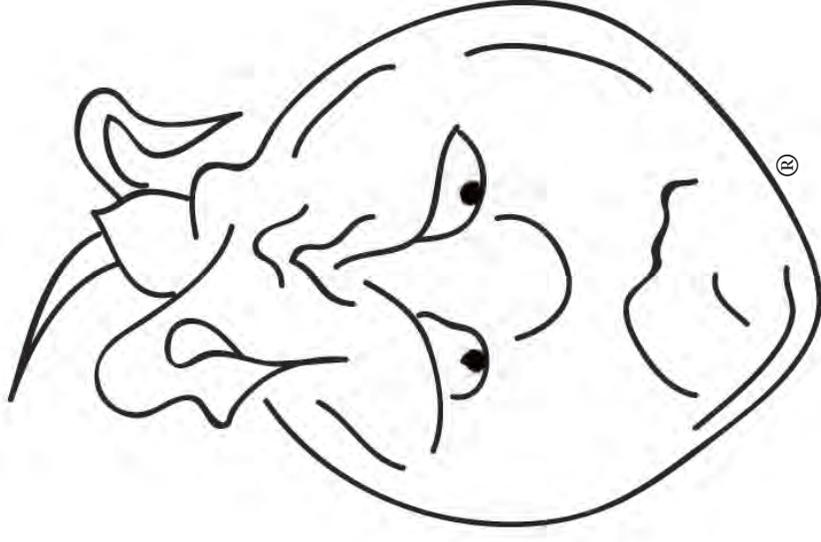


1. Onionhead got a bad report card and felt his parents would be disappointed. Has that ever happened to you and what did you do?
2. Onionhead hid his report card but felt it was a bad idea. Have you ever done something like that? If so, explain.
3. Onionhead learned that his parents did not care about his marks; they only cared how hard he had tried. Do you understand his parent's feeling? If not, why?
4. Onionhead now knows that victory is not the end result but how hard you try. What do you feel about that?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Victorious



Disappointed



**WILLING**  
light feeling

W

to be agreeable, to be cooperative

**STUBBORN**  
heavy feeling

to be inflexible, to be immovable

People call me **stubborn**, yes it's true.  
I correct them saying, "I'm very strong **willed**, thank you."  
**Willingness** is something I strongly advise.

For the animal shelter, my Dad volunteered  
They needed help with their building and he's an engineer.  
He insisted I go, but I was mad and not energized.

When we got there, I tried **stubbornly** to make him wrong  
But truth be told, it did not take long  
For incredible amounts of love to be realized.

The people at the shelter were so **willing** to let me help.  
There were tons of puppies that squirmed and yelped.  
I was thrilled and I sat there completely mesmerized.

When it was time to go, I did not want to leave;  
I was **willing** to sleep there, if you'd believe!  
To my Dad, I really needed to apologize.

Being **stubborn** is a complete waste of time.  
Be smart, be **willing**, and open to serve on a dime.  
When we say yes to life, unforgettable things actualize.

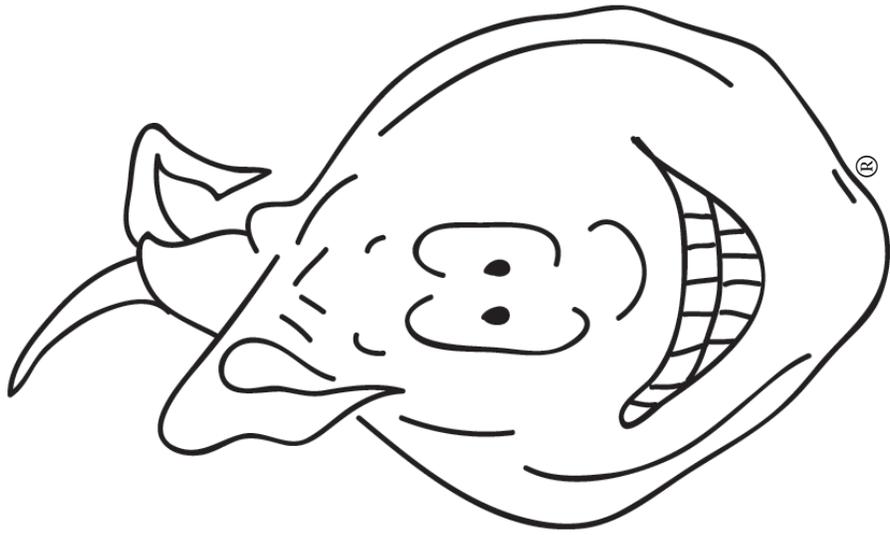


## Lesson W Questions Willing - Stubborn

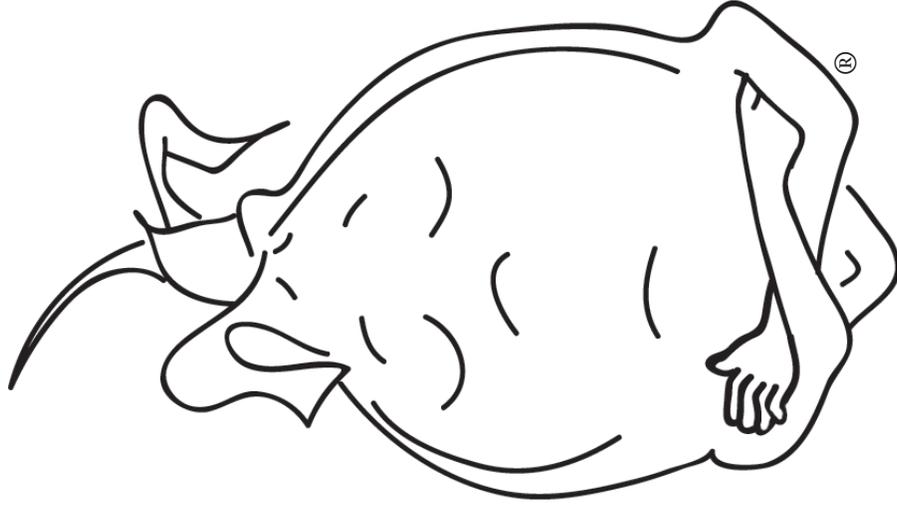


1. Onionhead had a real stubborn streak. Do you?
2. Onionhead wanted to keep to his stubbornness and make his father wrong. Have you ever done that? If so, explain.
3. Onionhead loved the puppies and felt so happy that the people at the shelter were willing to let him help. Have you ever gone to an animal shelter and what did you feel?
4. Onionhead realized how wrong his stubbornness was and that willingness brings good things to life. Do you agree with this? If not, why?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Willing



Stubborn



**EXCITED**  
light feeling



to be eager, to be thrilled

**BORED**  
heavy feeling

to be uninterested, to be uninspired

Truth be told, I get **bored** in the car.  
I am constantly asking, "Okay, now how far?"  
I complain a lot when my **boredom** is extreme.

My Mom tried to play a word game with me;  
I was already lost in the land of **boredom**, you see.  
When I am **bored**, time moves so slowly or so it seems.

I decided I would look into each car we passed by.  
I wondered who they were, where they were going and why.  
My wild thoughts and imagination, I began to redeem.

I opened my journal and started to write  
About the **exciting** adventures that were taking flight.  
My creativity was rushing through my bloodstream.

When we are **bored**, we can go to dark places.  
We have to find **excitement** in other spaces.  
When this happens, it is like staying on the team.

Feeling **excited** comes from being inspired.  
Something just sparks us and our joy is on fire.  
And before we know it, we create something supreme.



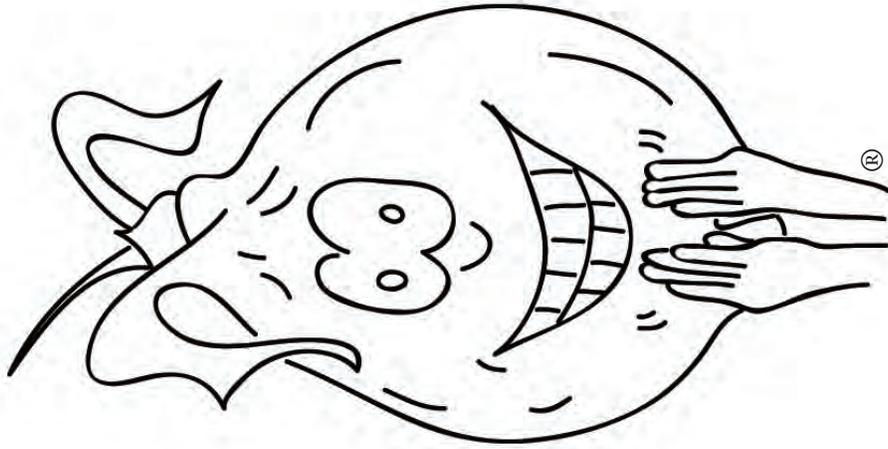
## Lesson X Questions

### eXcited - Bored

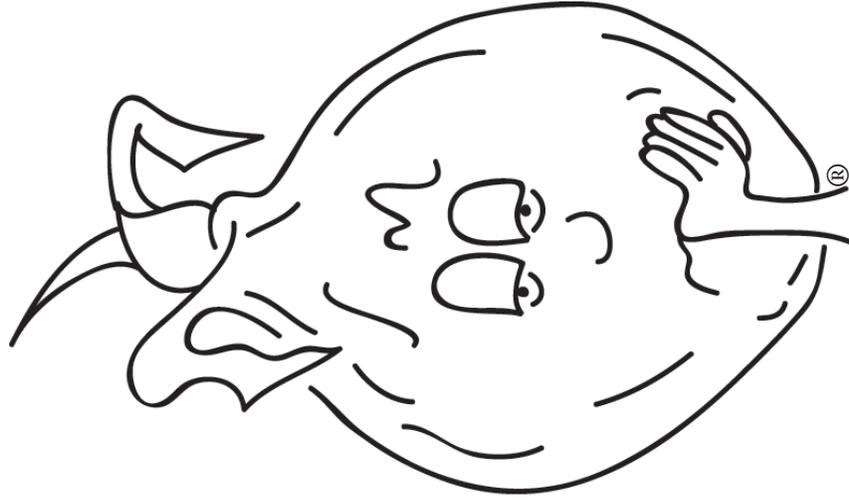


1. Onionhead felt very bored in the car. Do you feel bored easily?
2. Onionhead decided to change this bad feeling and created a good game for himself. Do you create good games for yourself when you feel bored? If so, what?
3. Onionhead actually felt excited from his made-up game. What do you feel excited about?
4. Onionhead loved the idea that his boredom sparked his creativity. Do you do this and how do you do it? If so, explain.
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



excited



Bored



**YUMMY**  
light feeling

**Y**

to feel delicious, to feel delightful

**YUCKY**  
heavy feeling

to feel disgusting, to feel uncomfortable

Since we moved to the mountains, my grandma lives far away.  
I miss her because I use to see her every day.  
Missing her felt **yucky**, a feeling I could not conceal.

One day I cried, I felt so very sad  
I could not sleep, I felt so **yucky** and bad.  
I called my grandma to help me resolve this ordeal.

Gram said, "Our **yummy** moments, live in your heart.  
So you can always find me when we are apart.  
On this you can always depend because it's very real."

After that, I could feel her touch my face;  
I could smell her rose perfume and see her blouse of lace.  
These moments definitely helped me to heal.

Whatever moments are **yummy** to you.  
You have to cherish them to keep them true.  
You will use them for the times when life is not ideal.

I don't feel **yucky** anymore because she is near;  
I just know it because I can always feel her here.  
I feel **yummy** that Gram and I are together in this deal.



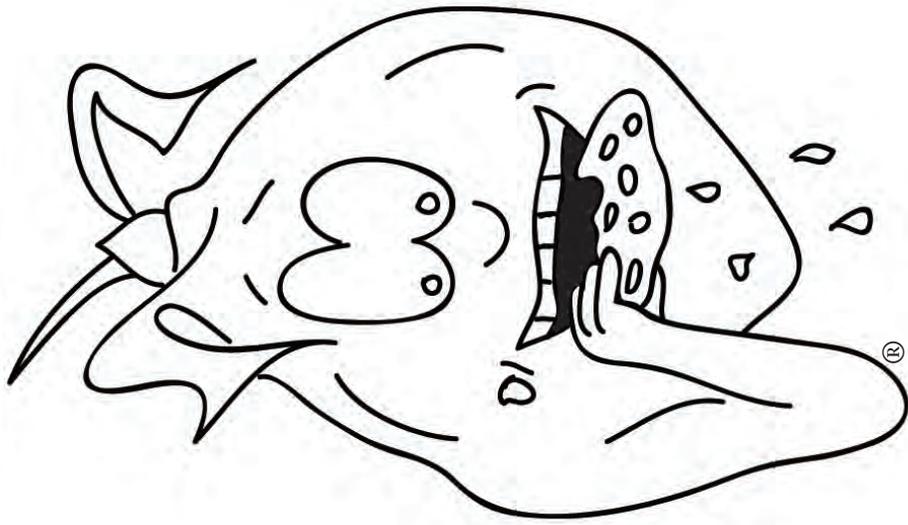
## Lesson Y Questions

### Yummy - Yucky

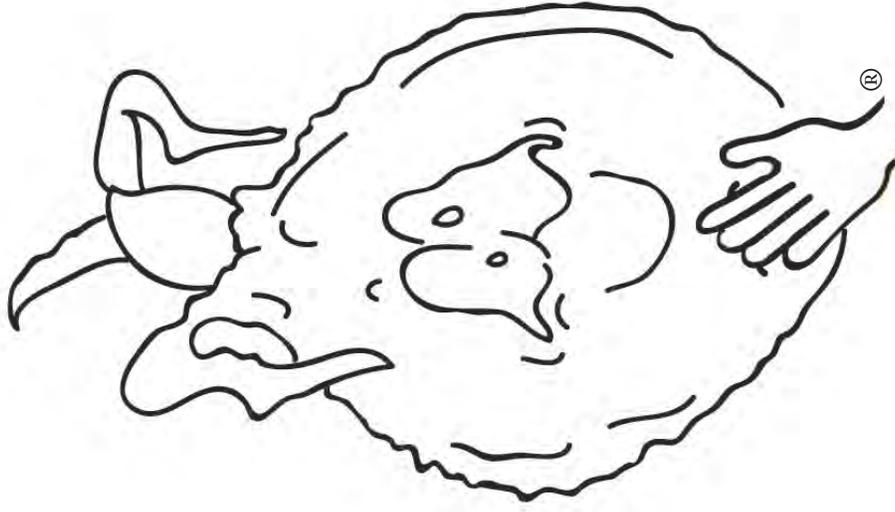


1. Onionhead moved away and missed his Grandma. Have you missed someone? If so, who?
2. Onionhead cried because he felt so yucky. Do you cry when you feel yucky? If not, why?
3. Onionhead learned from his Grandma that people always live in our hearts. Do you understand this? If not, why?
4. Onionhead now realizes that, at any moment, we can create something yummy to cherish. What yummy thing would you like to create to cherish?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Yummy



Yucky



**ZESTFUL**  
light feeling

Z

to be enthusiastic, to be dynamic

**JEALOUS**  
heavy feeling

to be envious, wanting what others have

I have a friend, his name is Dan  
When Dan does well, Dan is The man.  
His big problem is that he has a **jealousy** issue.

If I got 100 on a test, he says he got 101.  
If I won at a game, he'd ruin all the fun.  
I wondered if our friendship should be continued.

For life, I have a natural **zest**.  
Onions are different, but we're the healthiest.  
Understanding the stink in others is our best virtue.

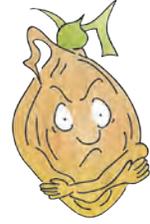
He resented my joy, one day he will have to learn  
That his **jealousy** leaves others feeling a burn.  
I hope he still has friends when he does this review.

We each have a long life ahead of us,  
So we must make each moment happy and robust.  
**Jealousy** is something where life loses its precious value.

Having **zest** for life is being supportive of everyone,  
Knowing that in their victories, we share in the fun.  
Then our loving ourselves and others is right on cue.



## Lesson Z Questions Zestful - Jealous

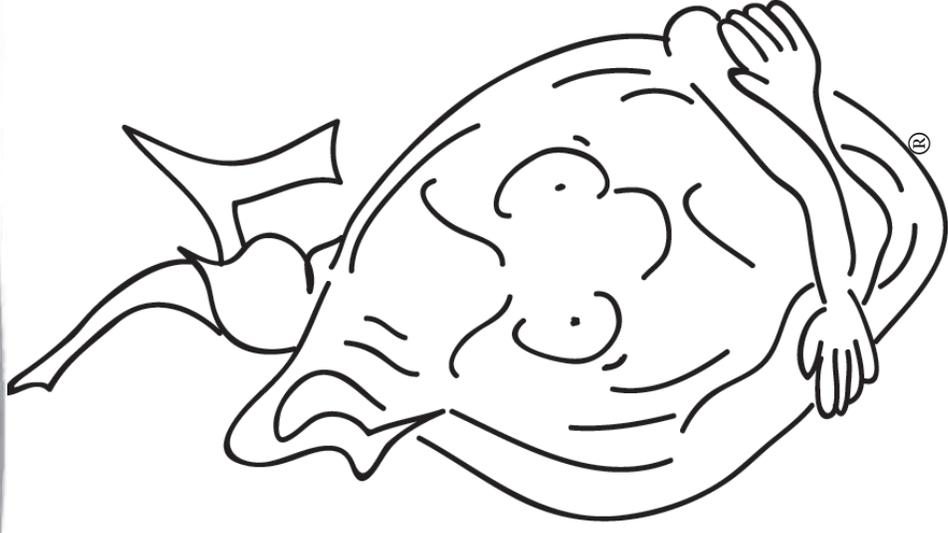


1. Onionhead had a friend who was always jealous of him. Do you have a jealous friend and how do you handle it?
2. Onionhead wondered if he should continue the friendship. What do you think about that?
3. Onionhead had a zest for life and knew how to have fun. Do you? If not, why?
4. Onionhead felt that it was important to be supportive of everyone. Do you feel this way? If not, why?
5. What was your favorite part of the story and what do you feel you learned from it?

Color me feeling



Zestful



Jealous

