Onionhead ©

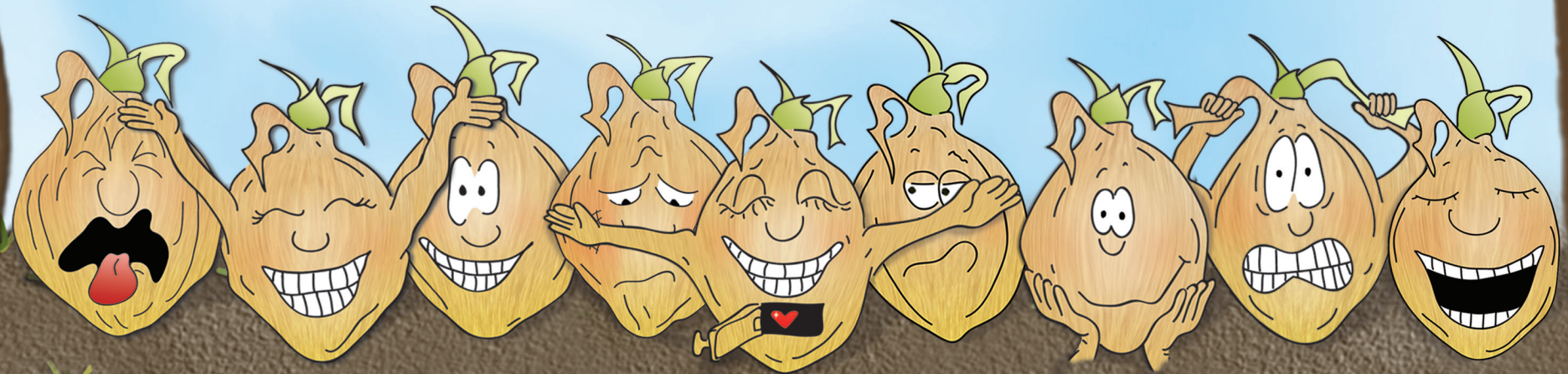## Coloring book

52 feelings to color
The ABC's of finding your feelings!

Dear Friend,

There are days that I feel blue.
I'm sure you do too.
I try to figure out what's wrong.
Sometimes it takes pretty long.
So I thought what could be better
Than to simply pick a letter.
Grab your crayons and pencils,
Whatever tools you think are sensible,
Turn me into whatever color you wish.
Fill in the lines with a swoop and a swish!
It does not matter with what you are dealing,
We need to make friends with all you are feeling.
Getting to know yourself is a way to rejoice,
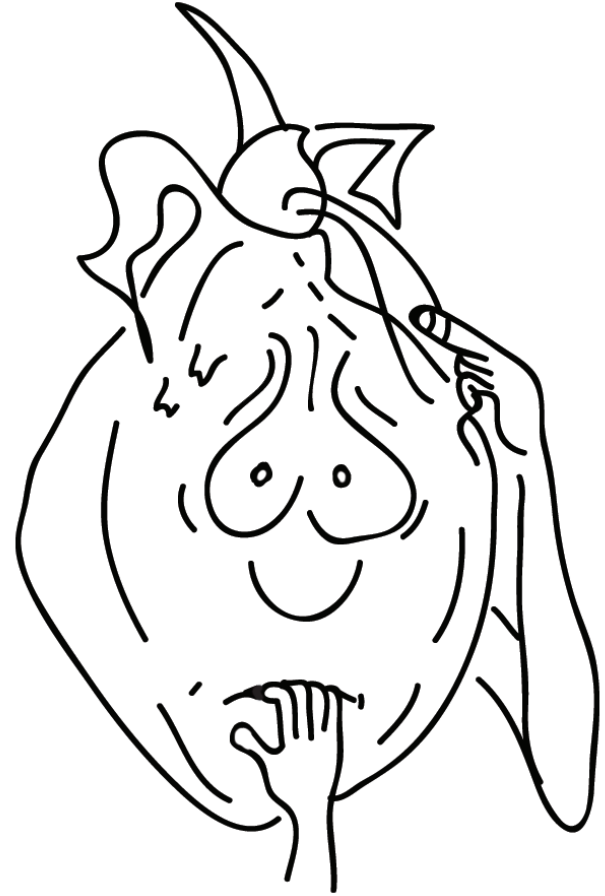Because feeling better...is simply a choice!

Love, Onionhead
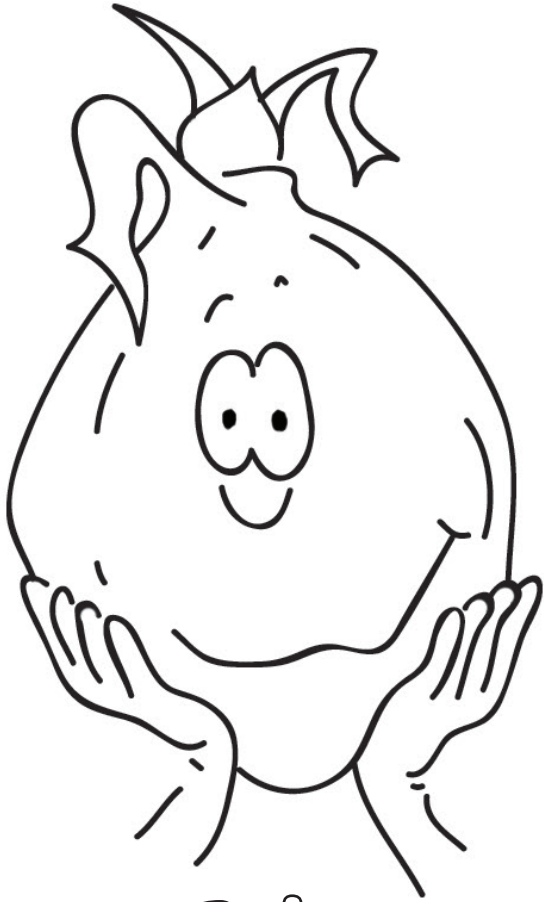
Accepted

Rejected

Brave

Scared

Color me feeling

Calm

Frustrated

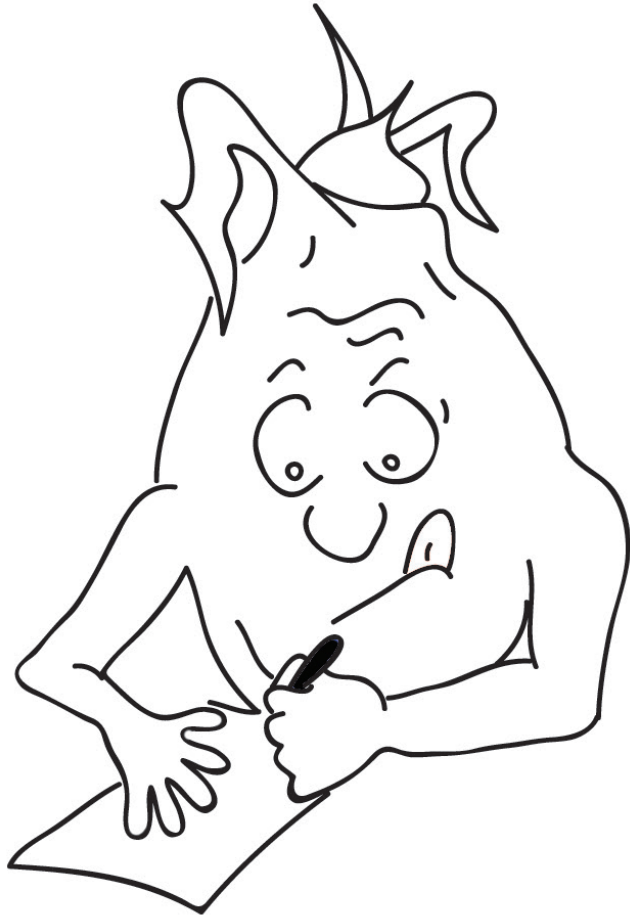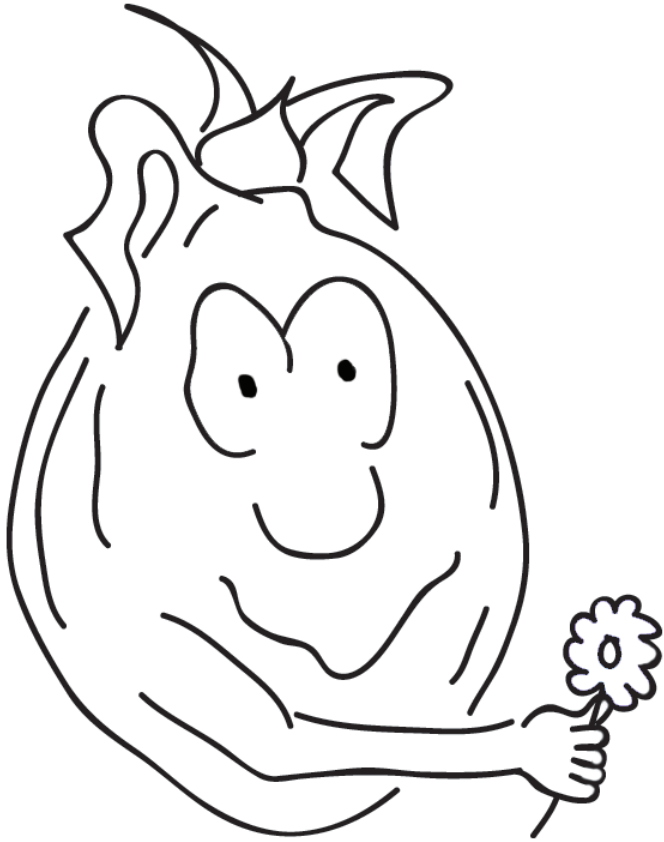**Determined**
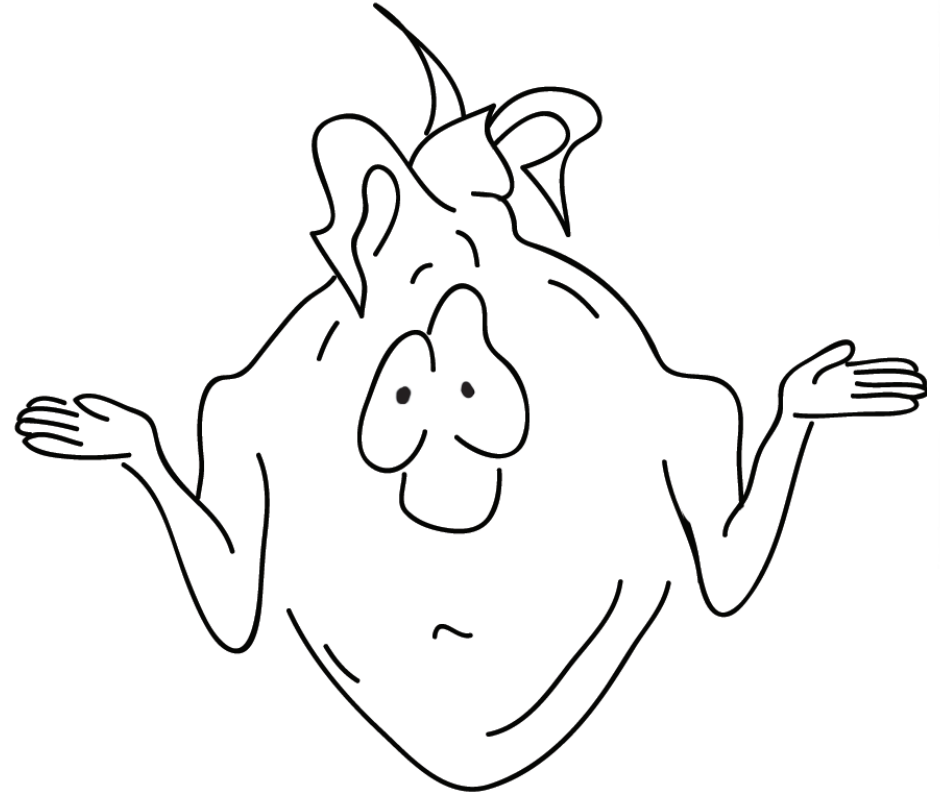
Doubtful

Energetic

Tired

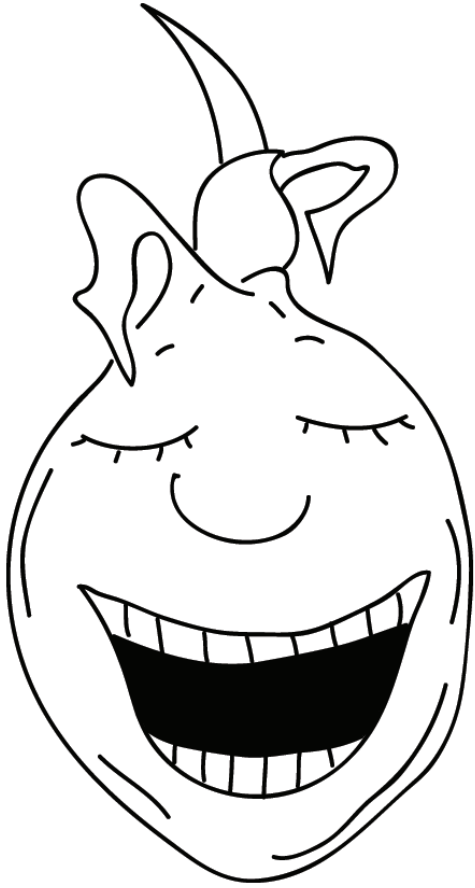# Color me feeling

Free

Burdened

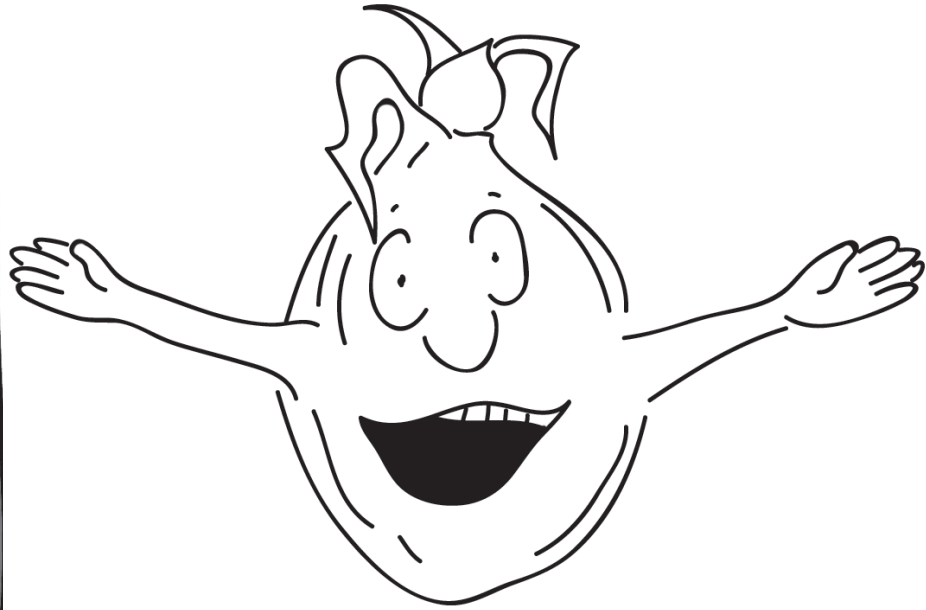Giving

Selfish

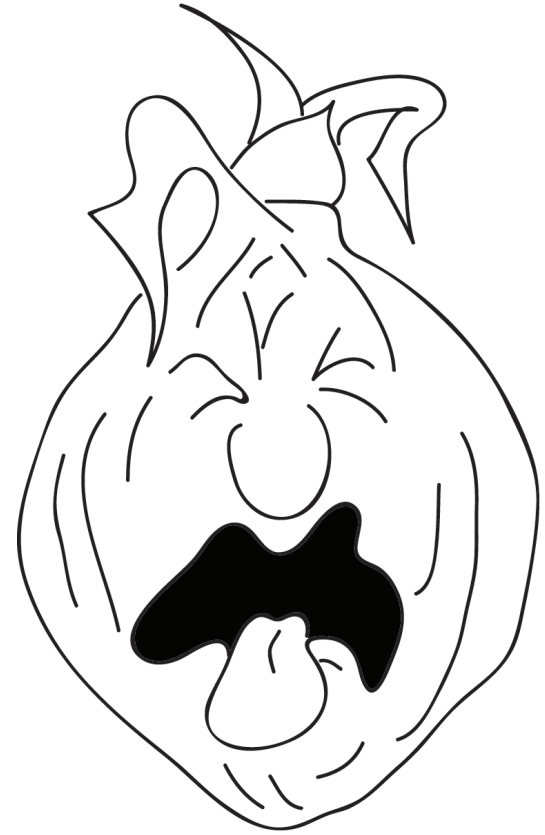# Color me feeling

Happy

Sad

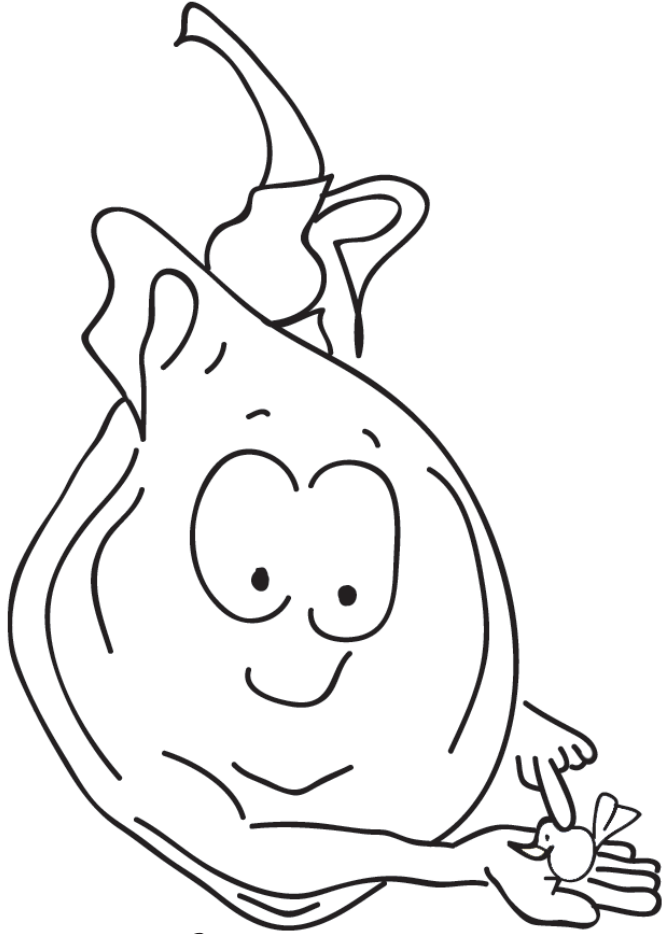Color me feeling
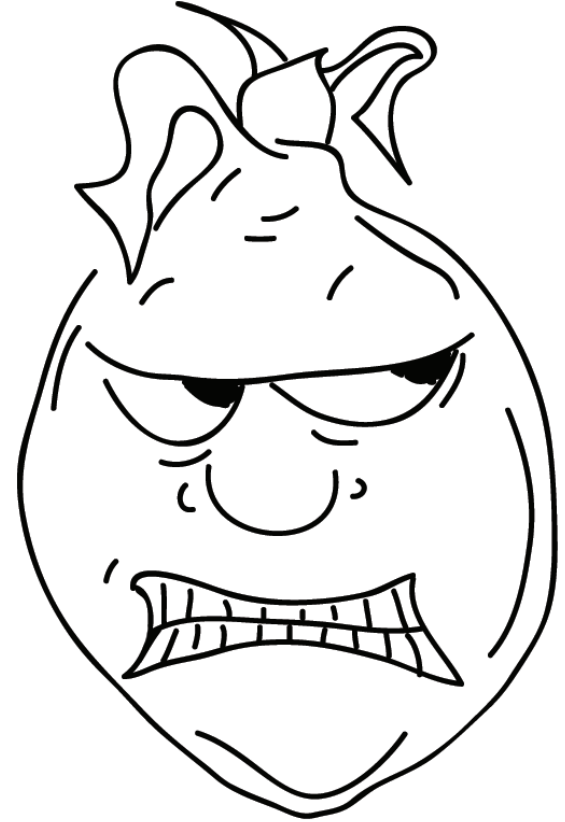
Inspired

Depressed

Color me feeling
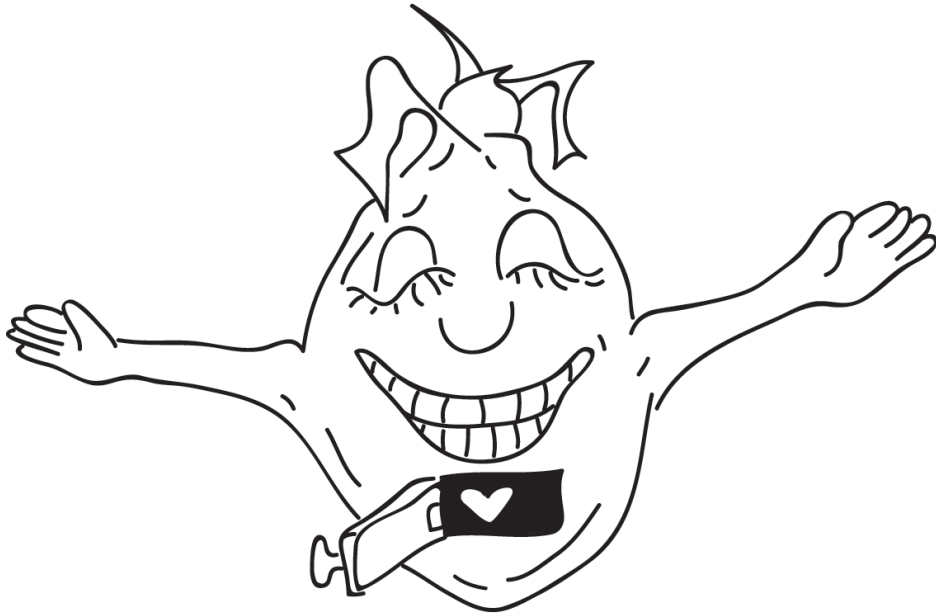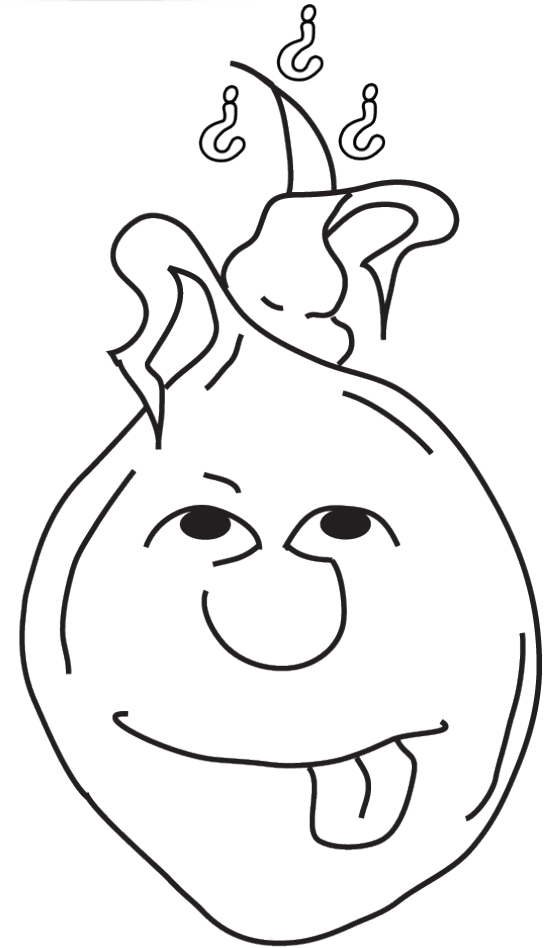
Joyful

Horrible

Color me feeling

Kind

Mean

Love

Hate

Color me feeling

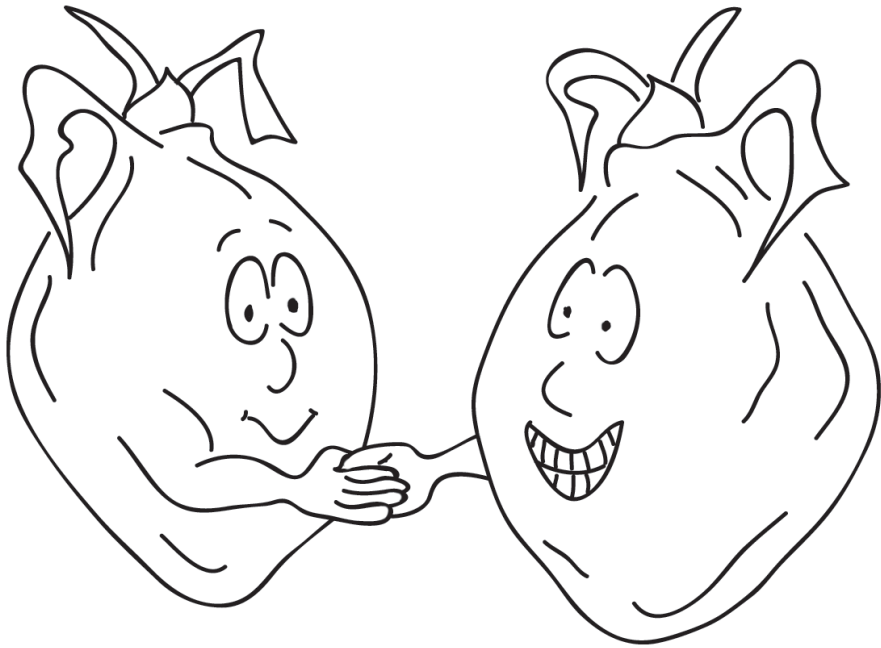Mindful

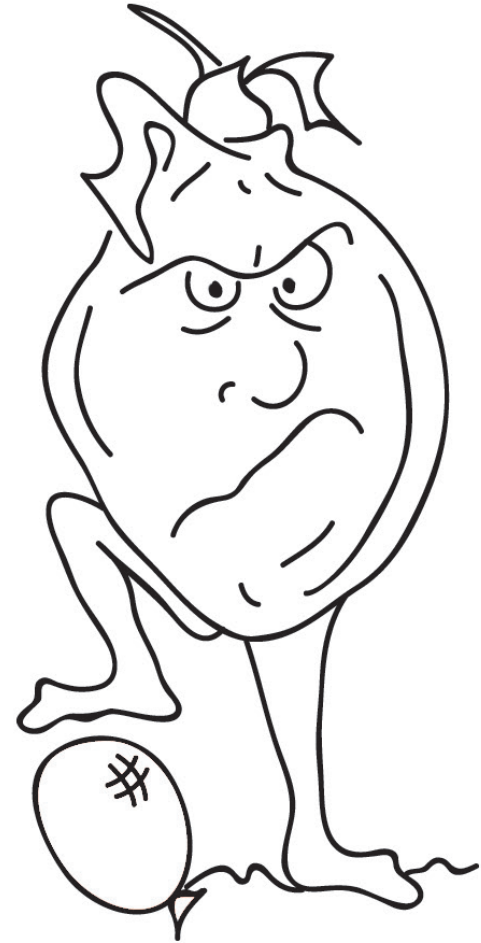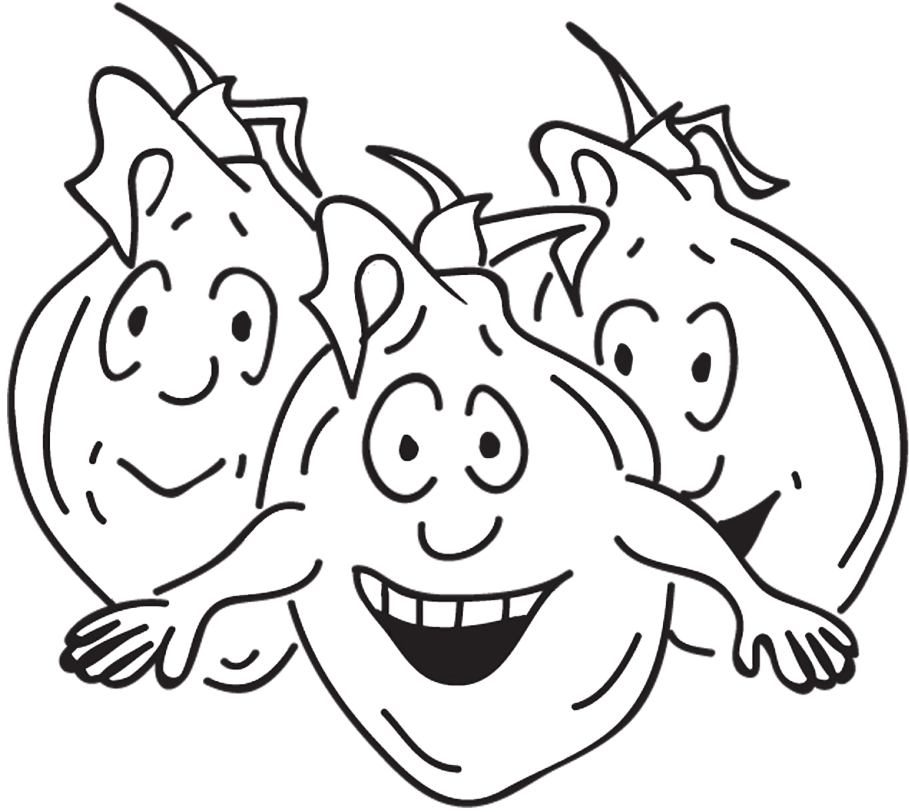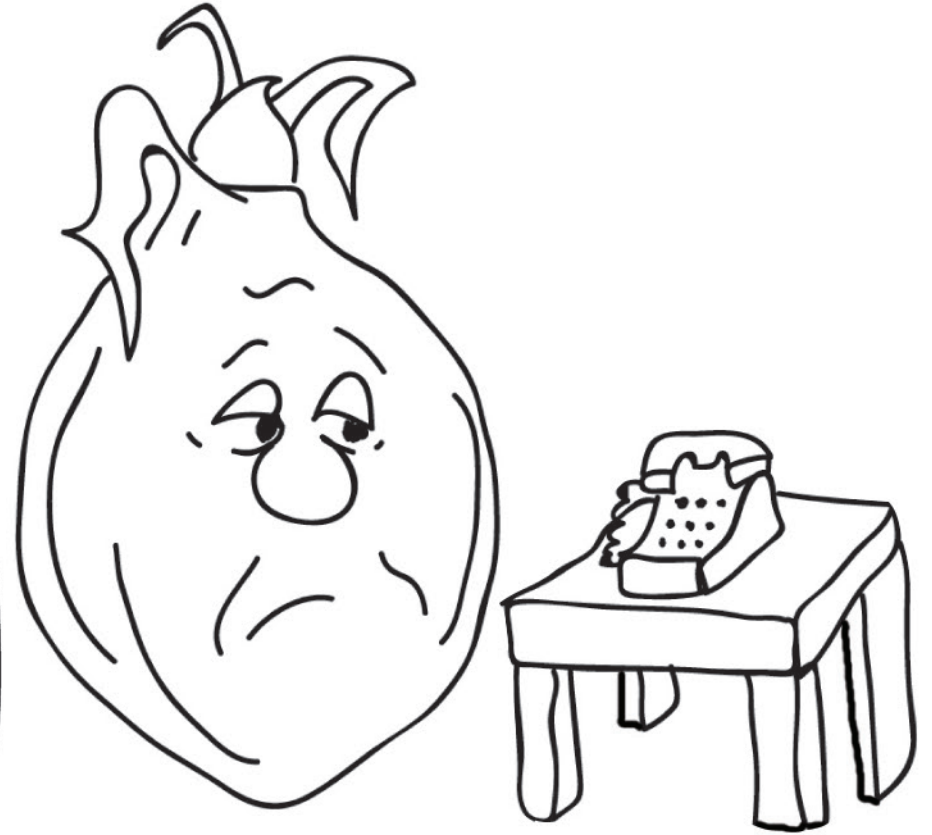Foolish

Color me feeling
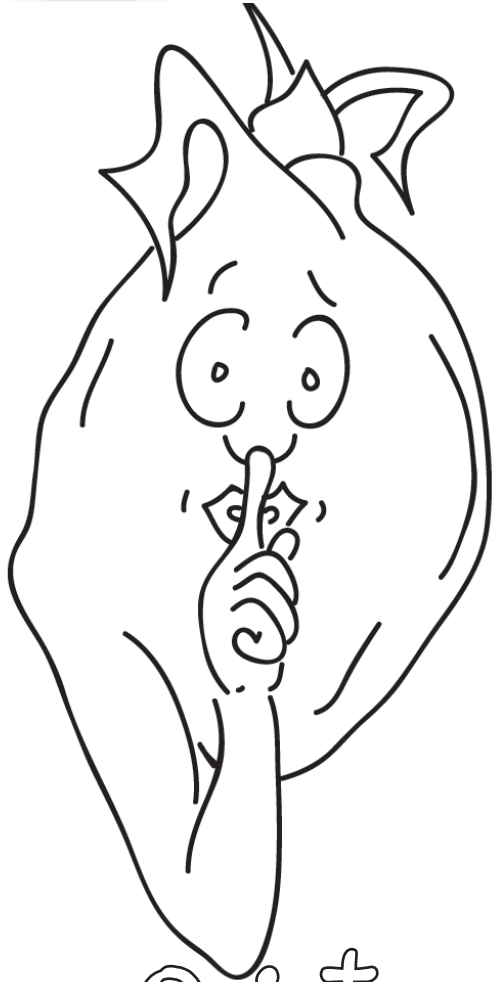

Nice

Nasty

Outgoing

Lonely

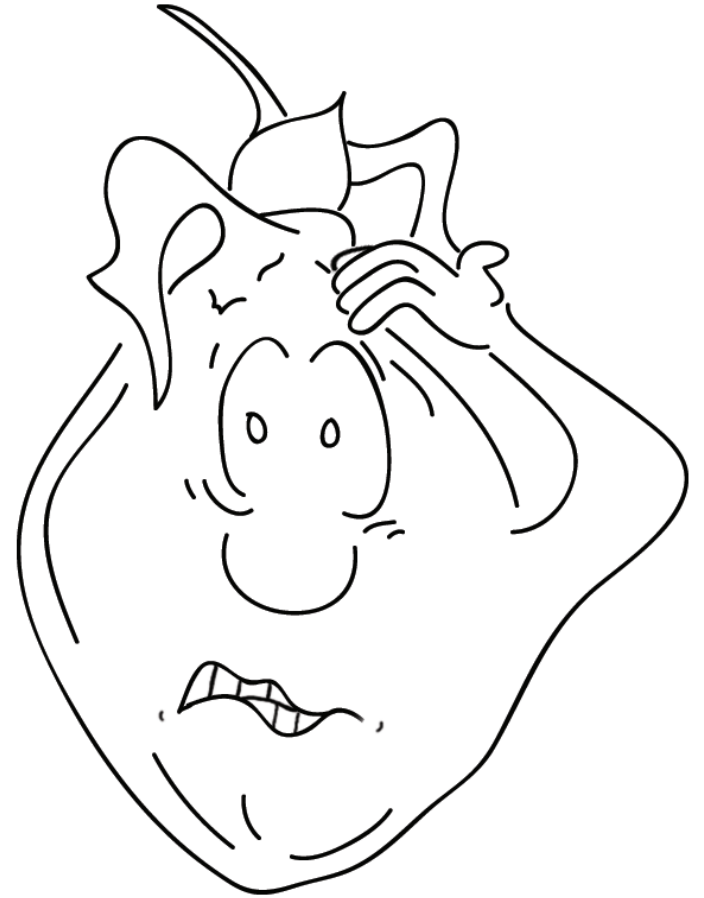Peaceful
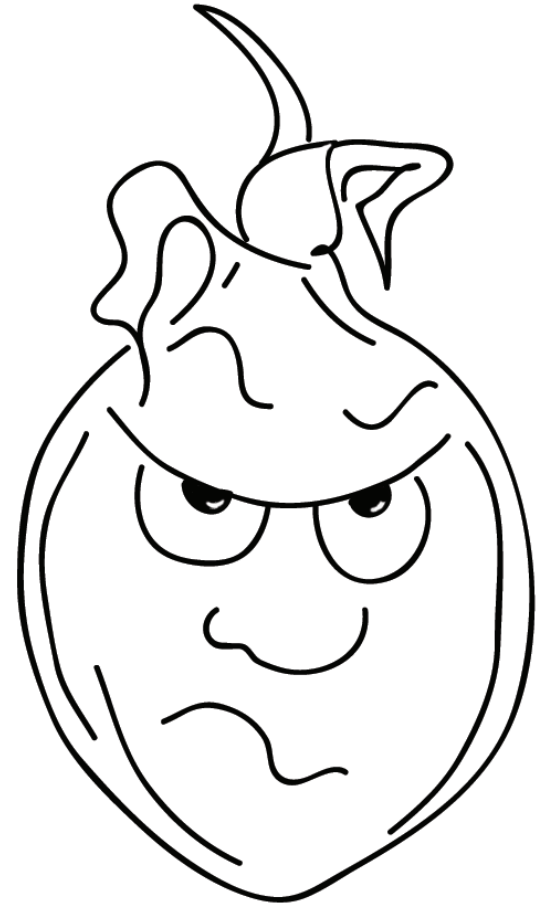
Mad

Color me feeling

Quiet

Loud
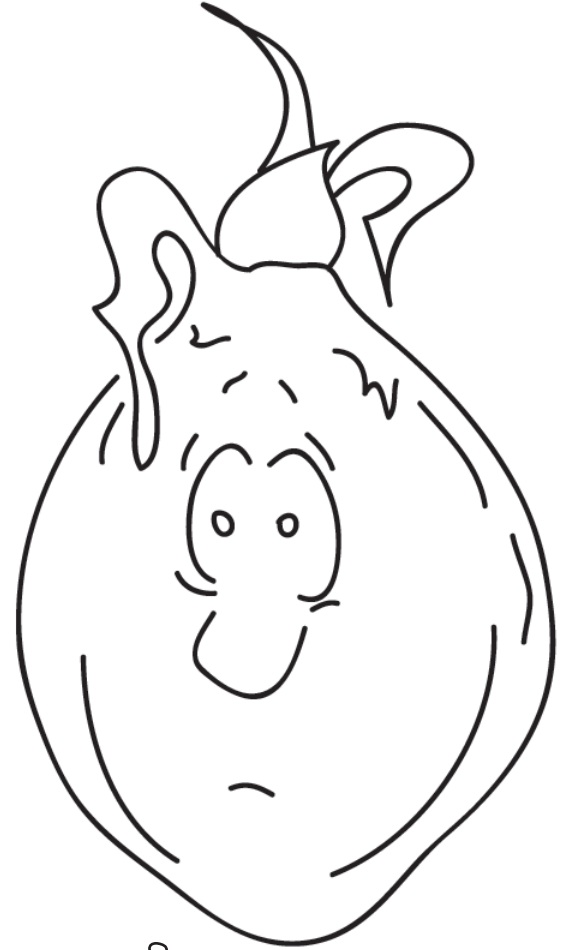
Color me feeling

Relaxed
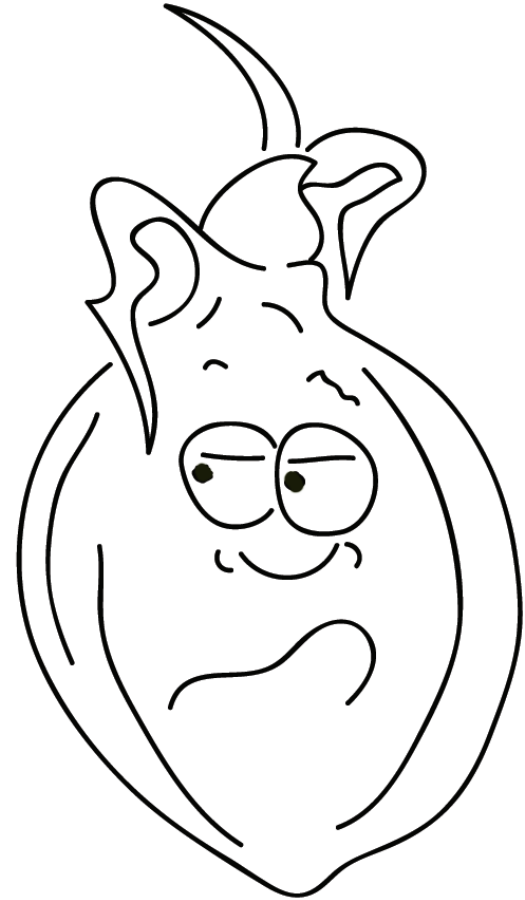

Stressed

Color me feeling
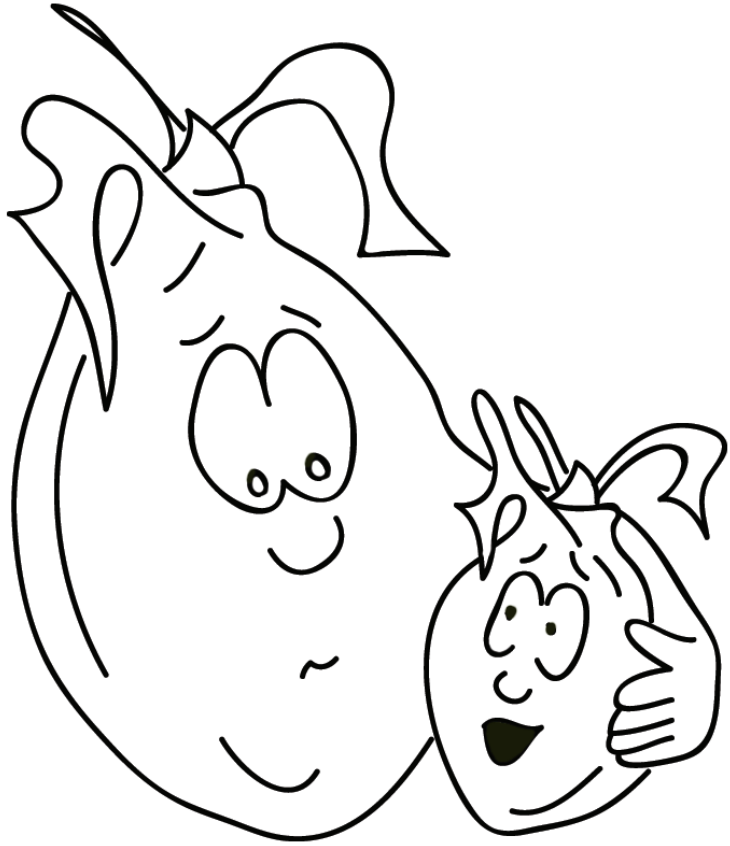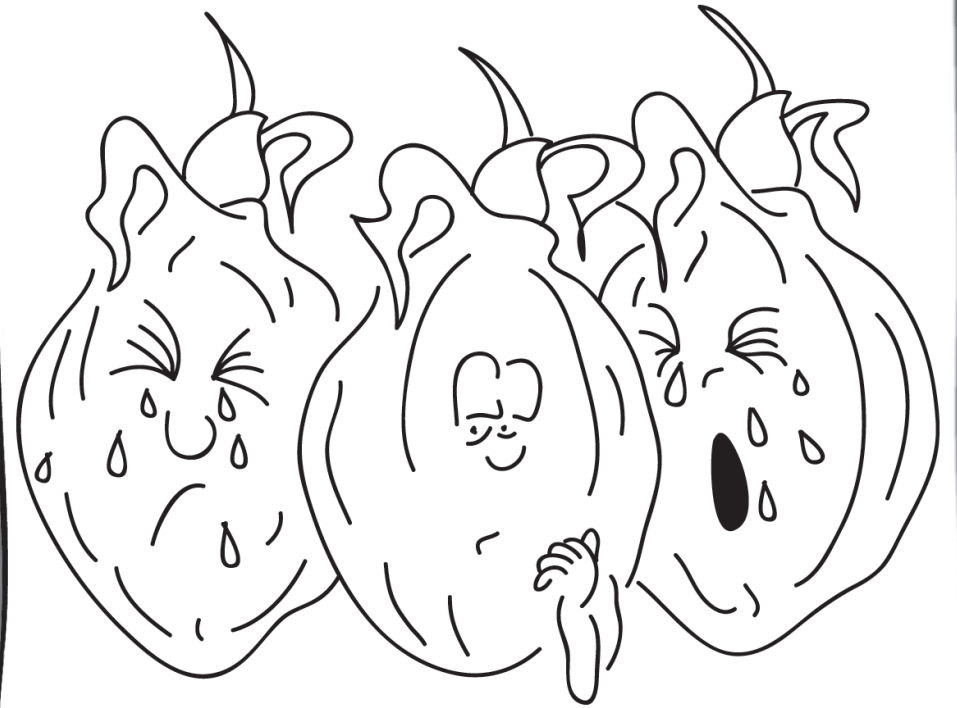

Safe

Nervous

Color me feeling

Thankful

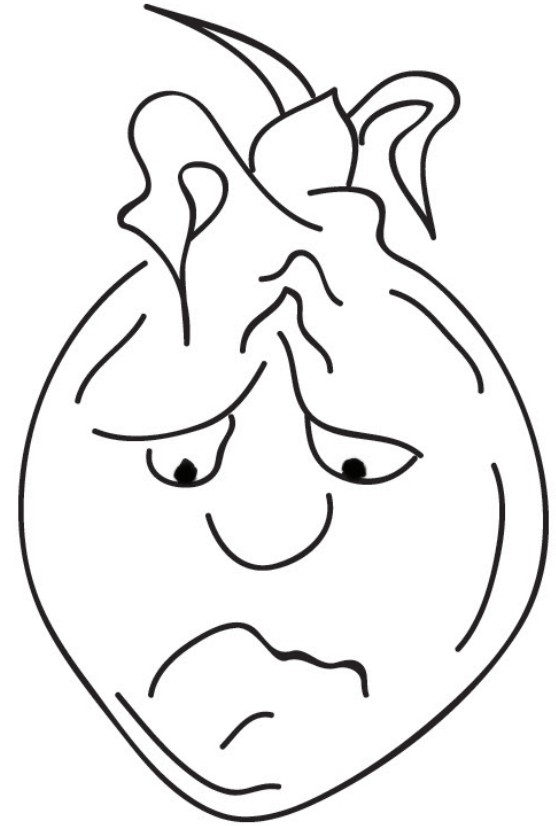Ungrateful

Color me feeling

Understanding
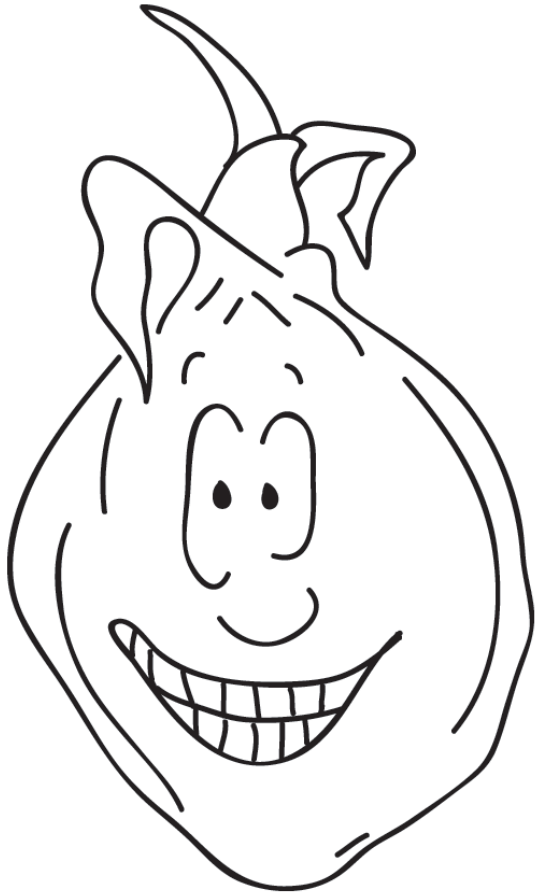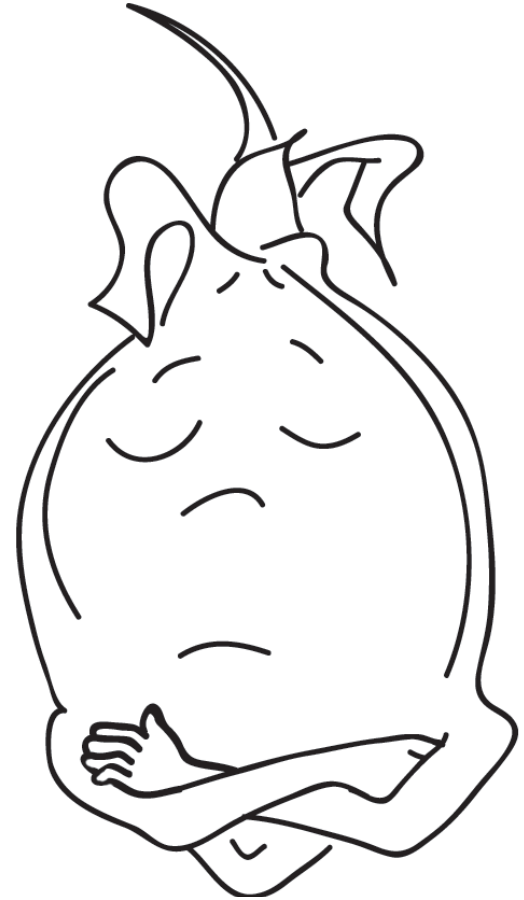
Insensitive

Color me feeling

Victorious

Disappointed

Willing

Stubborn
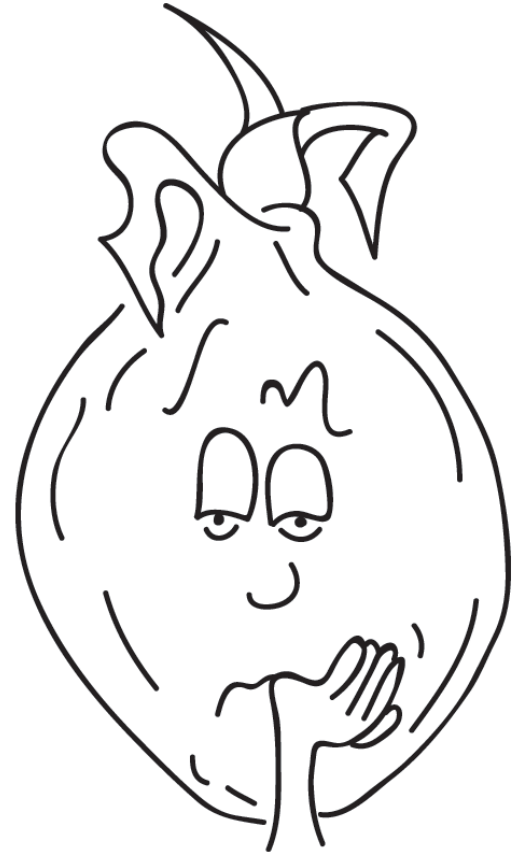
Color me feeling

eXcited

Bored

Yummy

Yucky

Zestful
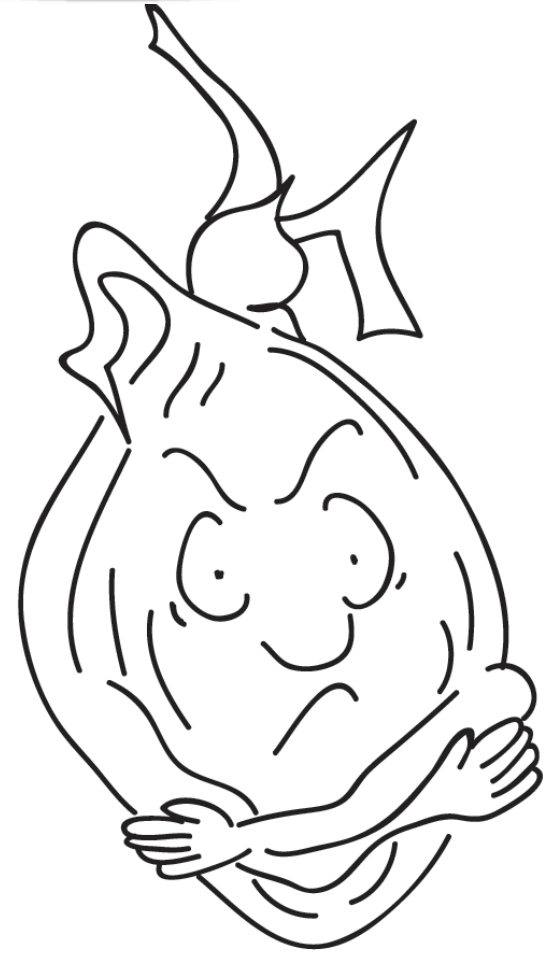
Jealous

Now draw yourself feeling ...
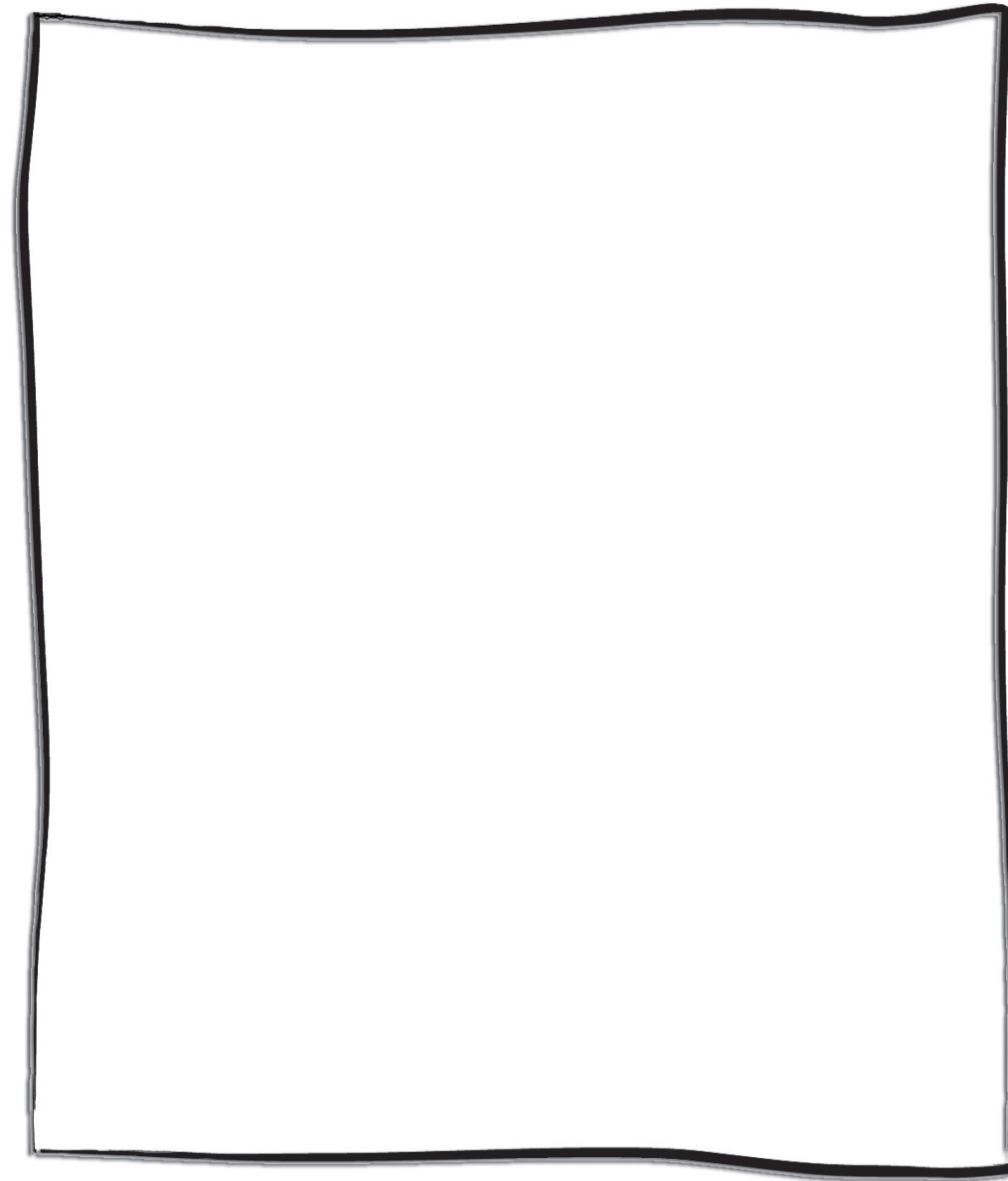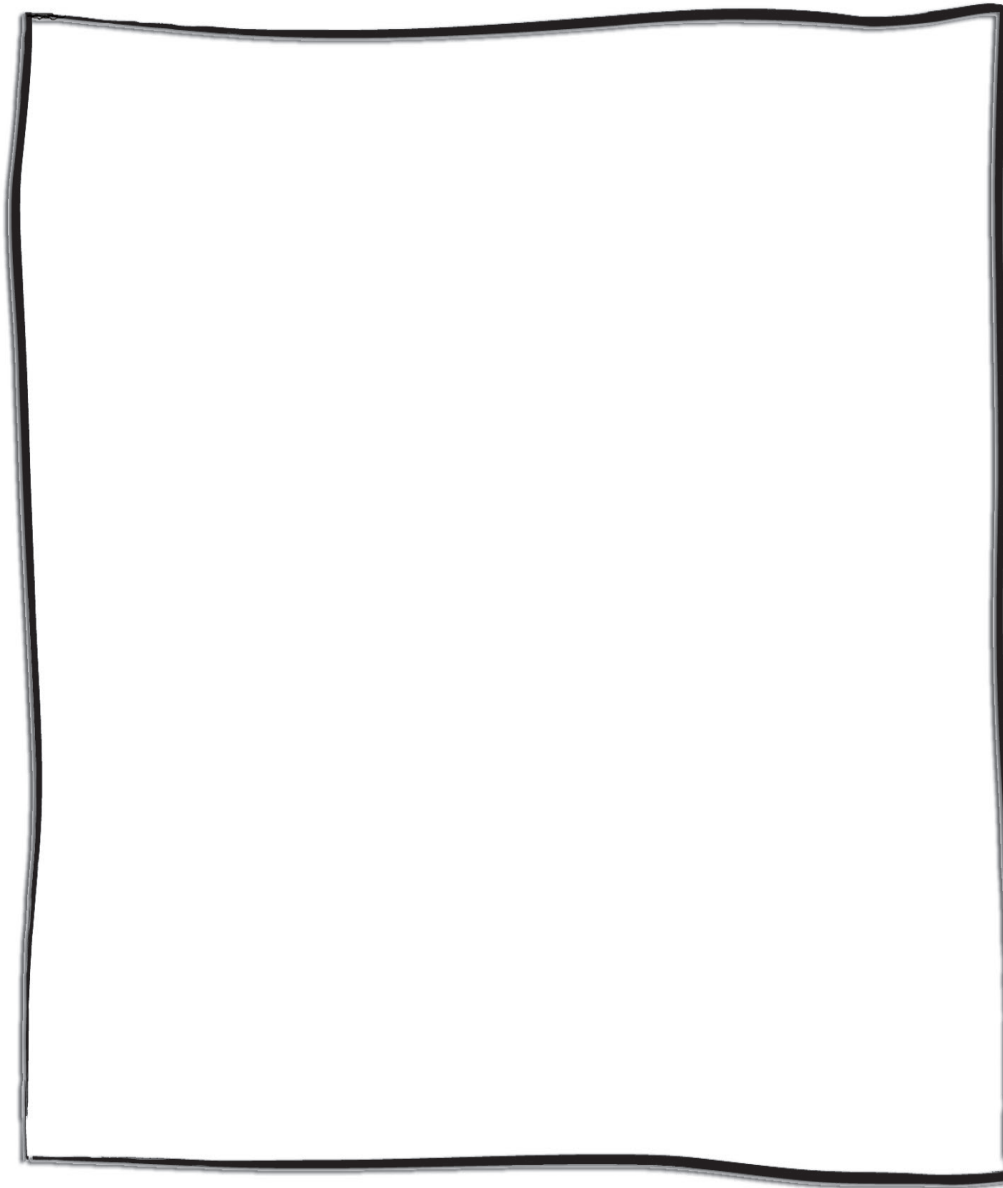
Nutritional Facts: A perfect source of emotional nutrition.

	% Daily Value		% Daily Value		% Daily Value
Creative Communication Tool	100%	Improves Language Skills	100%	Nurtures Creativity	100%
Perfect for Social/Emotional Development	100%	Good for your Heart	100%	Total Fun	100%

Ingredients:

Note: These Onions are not edible.

52 feelings to color - 26 positive feelings, one for every letter in the alphabet and their 26 opposites.

All componenets of this product are 100% lead & heavy metal free.

Printed on 100% recycled paper.

Made in the U.S.A.

Good Stuff:

10% of our profits are donated to our non-profit organization, Save the Rain. Every 15 seconds, a child dies from lack of clean water. Save the Rain teaches communities in Africa to use the rain as a sustainable water supply. For more information, visit www. savetherain.org

Color me feeling

Brave

Scared

Sample not true to size.
Actual size 11" x 7.25"

Color me feeling
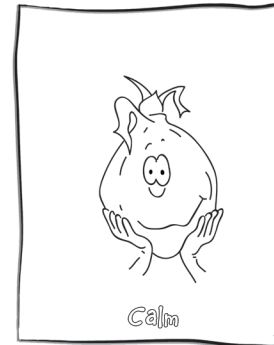
Calm

Frustrated

ISBN 1-893753-07-7

90000>

9 781893 753075

Onionhead offers materials for personal development and does not claim to solve or cure any problems