

Hello,



My name is **Sunbuddy** and I really care
About emotions that I want to share.
I'm not very old, but I think I am wise
The reason is, I never wear a disguise.
I let people know what I honestly feel
I figure it is the only way to heal.



I know it's not easy to always know our emotions
Especially when those around us are in a commotion.
But I will try to make it easy, in order to understand
How to know feelings better, so let me lend a hand.
Life is sometimes hard, but that's not always bad
As we grow from our feelings, even mad or sad.
We can find a way to solve every problem and hurt
By learning how to handle feelings and staying alert.
This book and cards guide us to know ourselves better
To get our emotions down pat, to the exact letter.
Love is surely the most wonderful solution
It's the feeling that makes for a great resolution.
Let's be kind, honest and the smartest we can be
Believing we are incredible, important for all to see.
We need to feel comfortable sharing our feelings
Let us say them confidently in all our dealings.
I already know that you are an incredible being
I am just here to point out what you might not be seeing.
My name is **Sun**, because I spread light when things get muddy
And I truly want to be a "dealing with feelings" **buddy**.
I'm thrilled we are together in these many meaningful ways
Please feel free to use me, especially on hard, gloomy days.

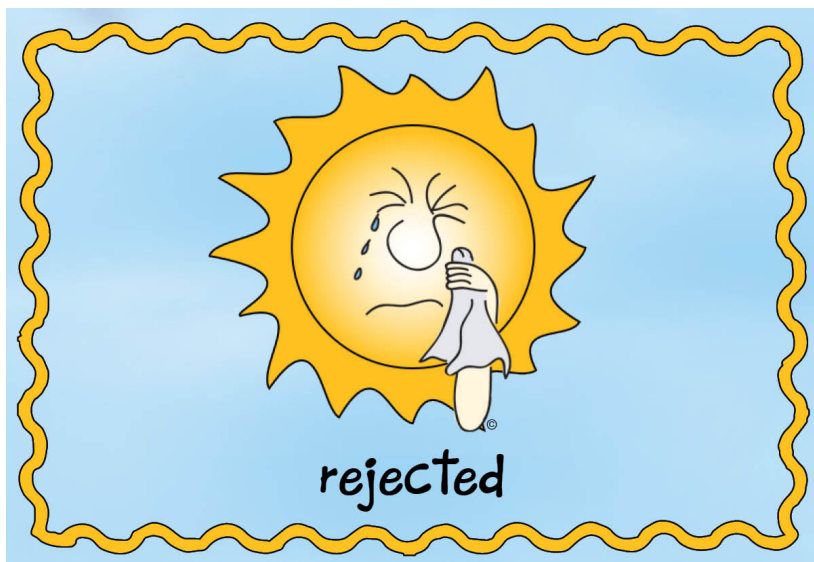
With love and light,
Sunbuddy

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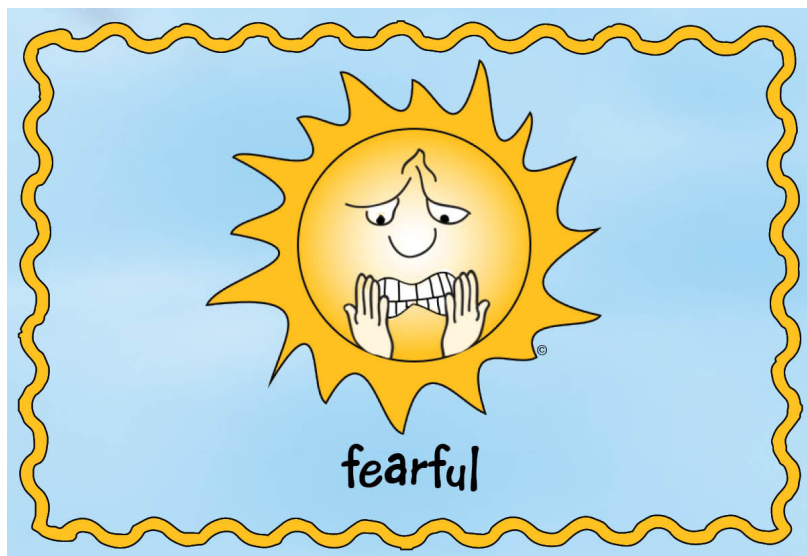
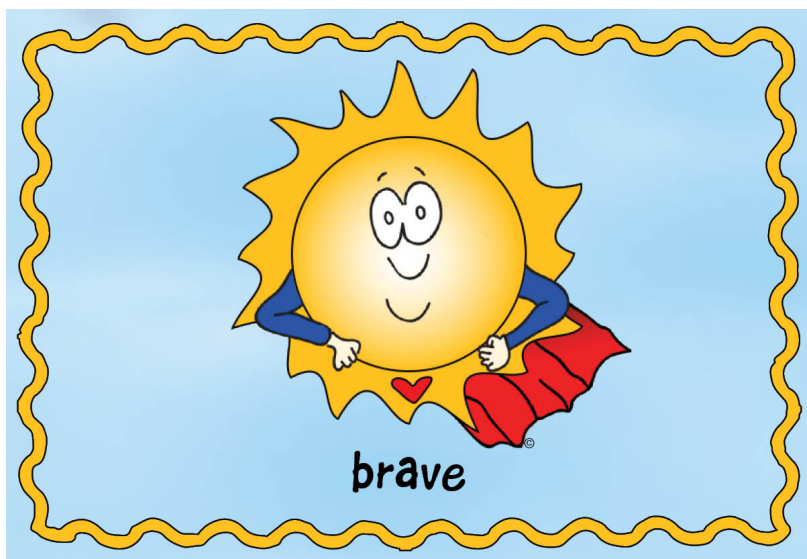
ACCEPTED

agreed with, admired, approved of

REJECTED

refused, denied

We all have a desire to be accepted
But there will be times when we'll be rejected.
Very often, it does not have to do with us
Therefore, the best thing is not to make a fuss.
Just know there will always be people who love us so
No matter where we are, or where we will go.
Let's focus on those who really know how to care
And not waste too much energy on what's not fair.



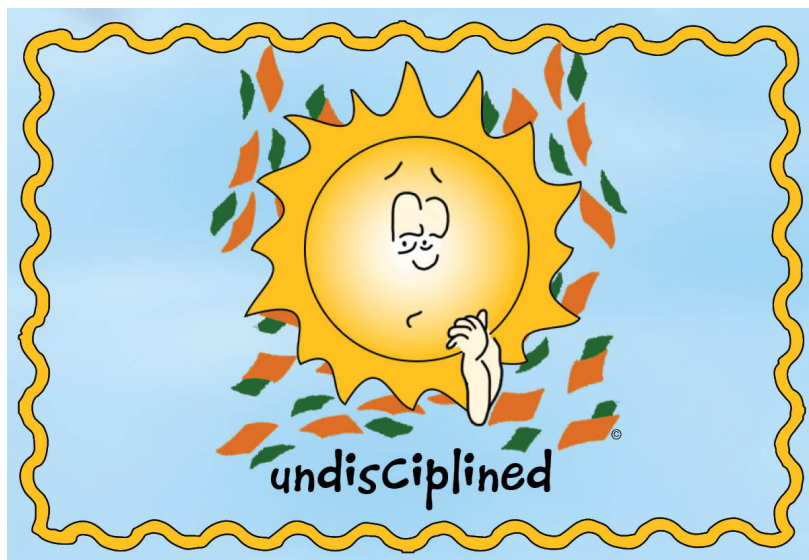
BRAVE

courageous, strong

FEARFUL

frightened, weak

For Those who do not feel fear, cannot feel brave
There will be things to let go of and things we must save.
Feeling fearful is part of the journey of our life
For there are many things that can cause us strife.
Being brave is definitely accepting our fear
And then going ahead, dressed in full gear.
We are steadfast hero's, no matter how we act
Because we are always figuring it out, and that's a fact!



DISCIPLINED

obedient, doing the right thing

UNDISCIPLINED

behaving in a bad way, unruly

Oh, being disciplined is such a gift

As it gives our spirit such a lift.

We are all undisciplined at times and such

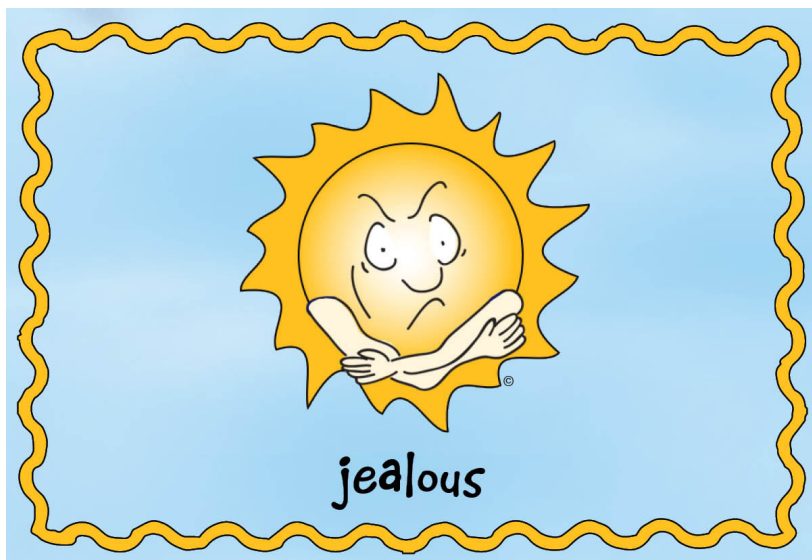
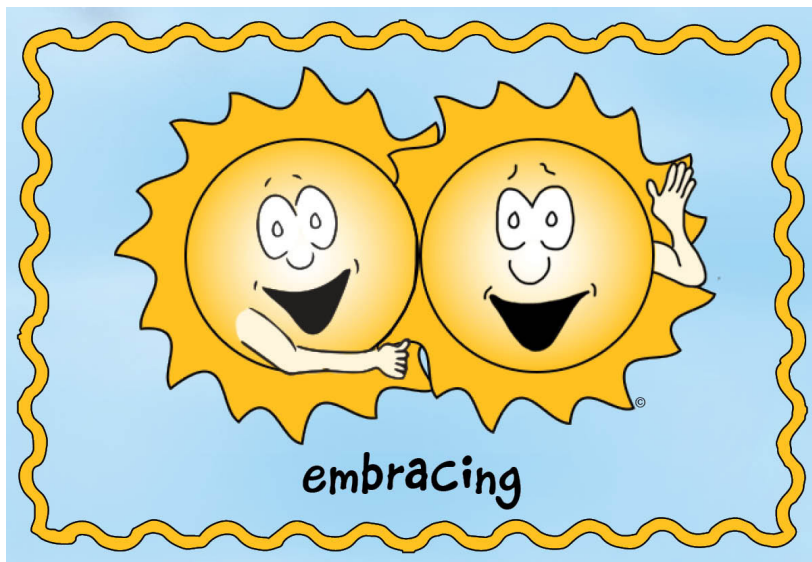
When we really do not care about very much.

But it is important for that feeling not to last

As we can certainly create a horrible past.

Let us concentrate on effort and rules

To be a winner, they are the best tools.



EMBRACING

supporting, welcoming, happy for

JEALOUS

not happy for, wanting what others have

My goodness how jealousy creates such a mess

We tend to focus on ourselves having less.

Instead let's look at others who have more

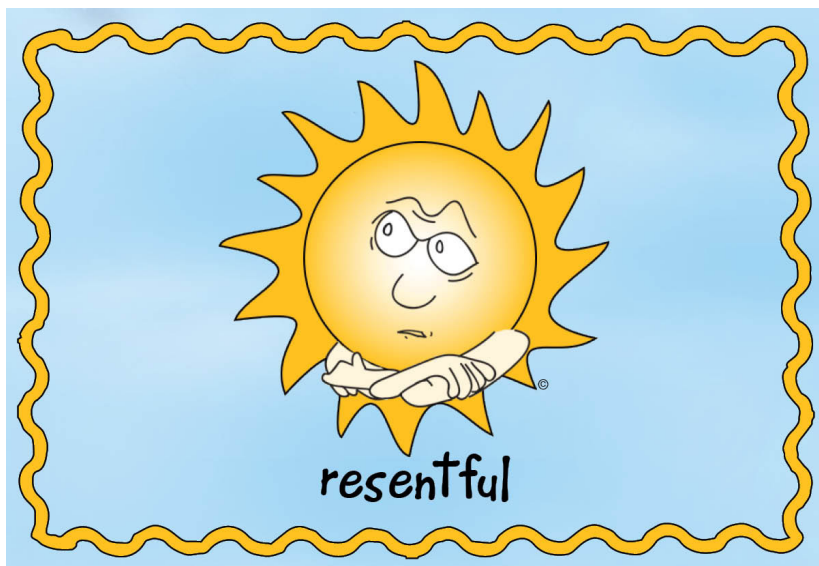
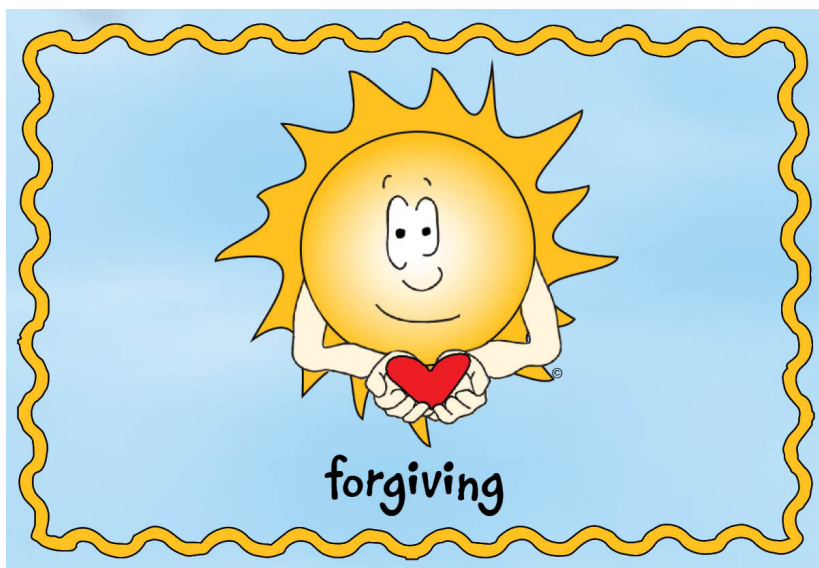
And try to create a life, we will surely adore.

Being happy for another is fabulous indeed

We see what we want and take the lead.

Supporting another becomes our most honorable trait

Then what life gives us, will seem so very great.



FORGIVING

allowing room for other's mistakes, willing to feel it's ok

RESENTFUL

staying mad, heart closed

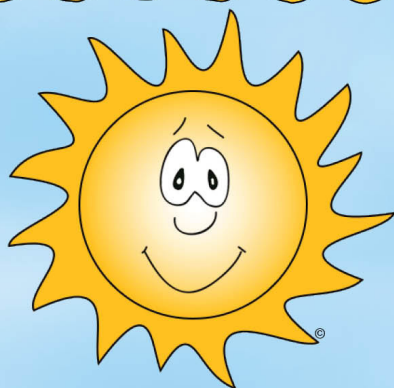
Forgiveness is such an important life lesson
For it holds within it the most loving expression.

We all make mistakes and need to be forgiven
And feeling resentful leads us to be terribly driven.

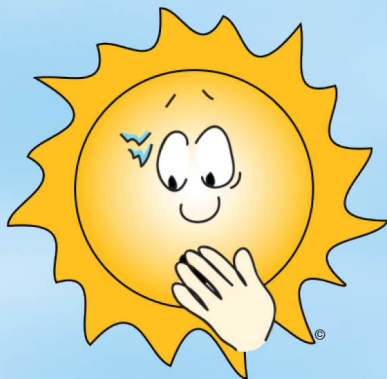
Resentment is something we do not want to feel

And if we hold on to it, we simply cannot heal.

We end up feeling free when we are honestly forgiving
We then have relationships that make life worth living.



guiltless



guilty

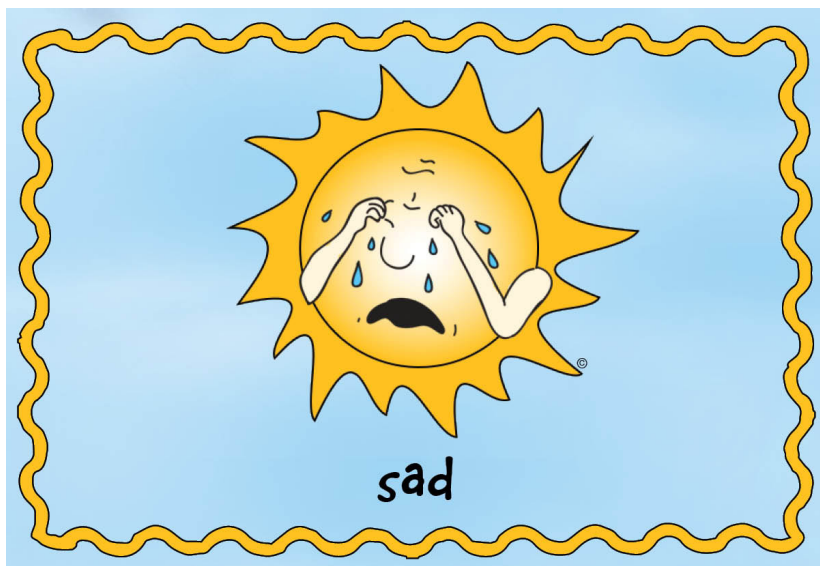
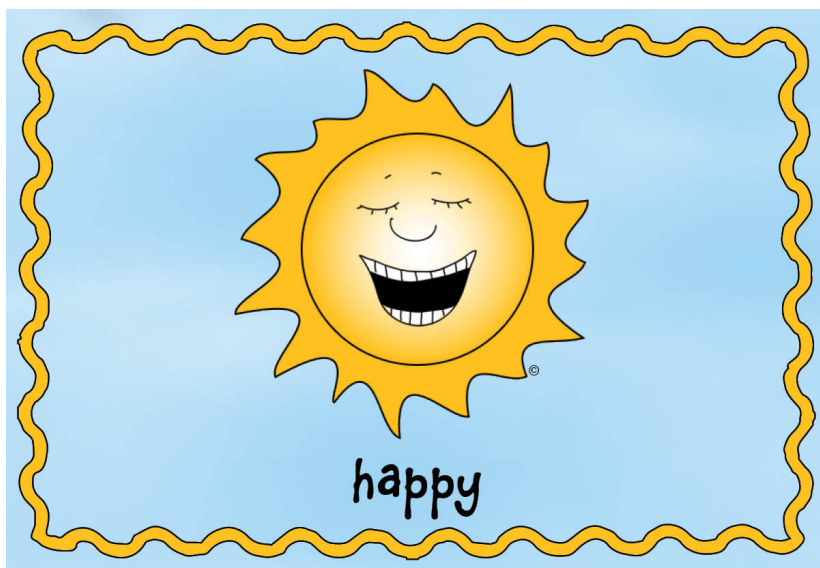
GUILTLESS

innocent, did nothing wrong

GUILTY

did something wrong, not feeling good about yourself

Oh boy it feels just terrible to feel ashamed
We know we did something where we should be blamed.
Guilt is a horrible emotion, so hard to beat
We feel like we just fell off our stable feet.
We need to think about things before we act
Then we keep our life wonderful and intact.
The smartest thing we can do is to stay out of trouble
And make it a practice to protect our innocent bubble.



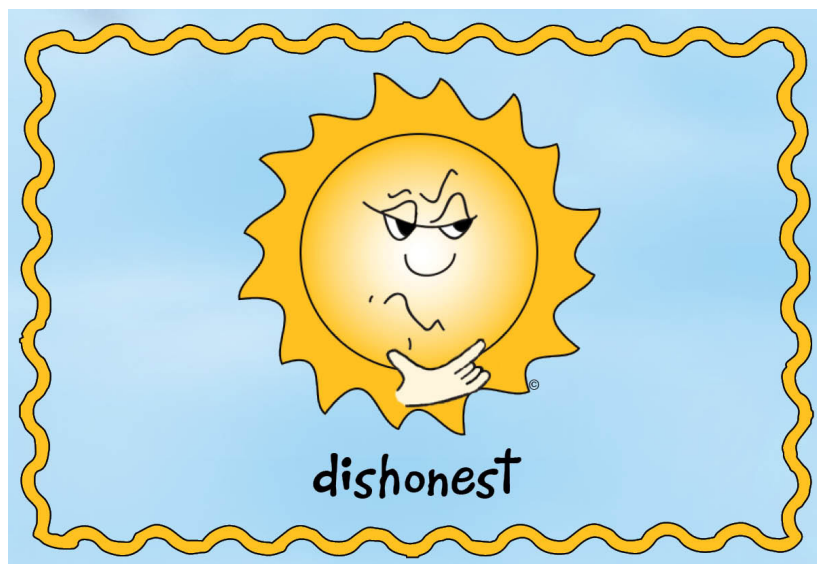
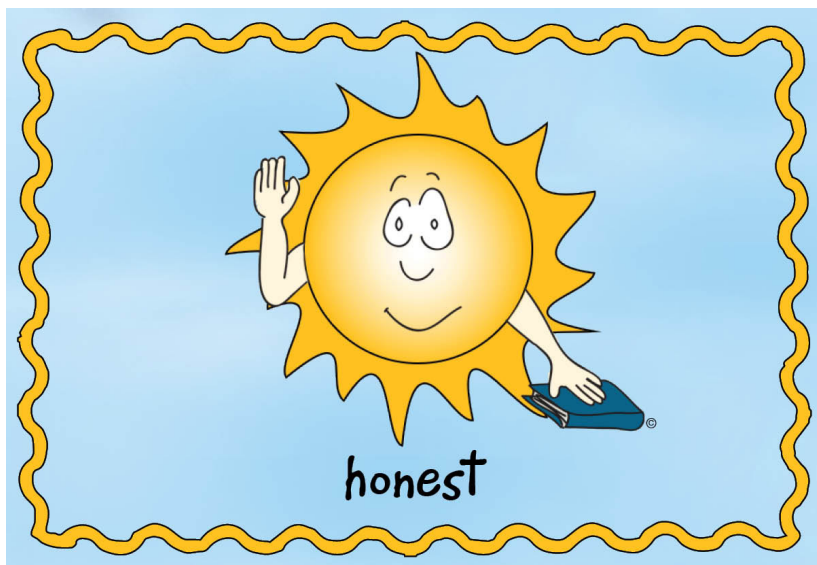
HAPPY

cheerful, joyful, pleased

SAD

gloomy. down, sorrowful

There is nothing greater than to feel happy
We are at peace, therefore we don't get sappy.
We will all have days where we feel sad
If we don't deny it, we won't get mad.
Life just has its ups and downs
Time for smiles and time for frowns.
But if we are gloomy, we need to try hard
And look in life's deck for our happy card!



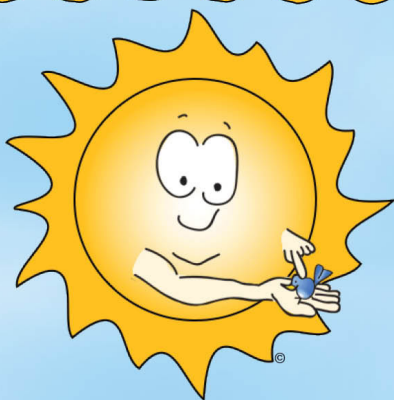
HONEST

telling the truth, being straight forward

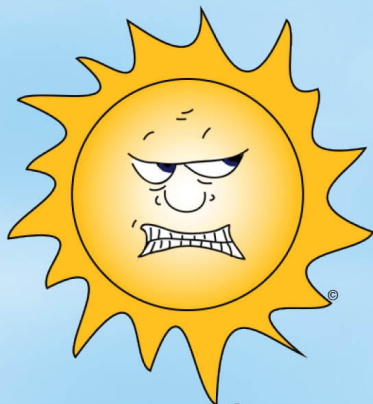
DISHONEST

not telling the truth, hiding something

Being honest is something we must be
We let others know what they are meant to see.
We will never feel good about ourselves if we tell a lie
Our peaceful moments will simply pass us by.
Therefore, tell the truth, no matter how afraid
Because by being honest, best friends are made.
Honest to goodness truth, what a gift to behold
We create our own life story, a treasure to be told.



kind



cruel

KIND

gentle, caring, sweet

CRUEL

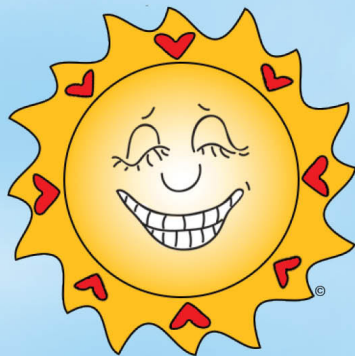
mean, nasty, bitter

It is never good to be cruel or mean
Whether you're a child, adult or teen.

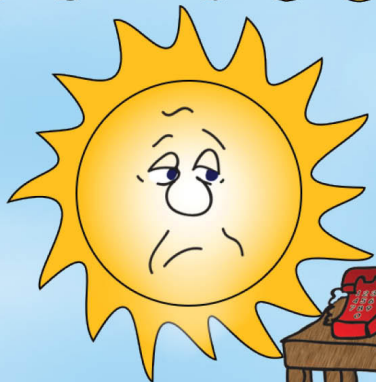
Meanness makes our life ever so cold
However, gentleness is caring being bold.

Kindness is love put into action
Whereas nastiness is just a bad reaction.

Therefore, when in doubt, always do the kind thing
Because that's what makes us the best queen or king!



loved



lonely

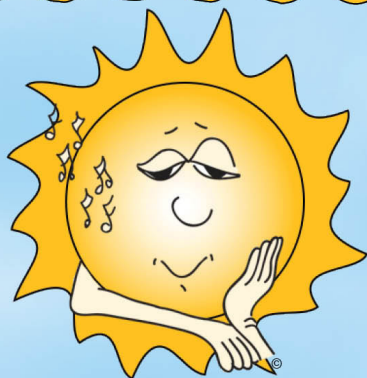
LOVED

being cared for deeply, cherished

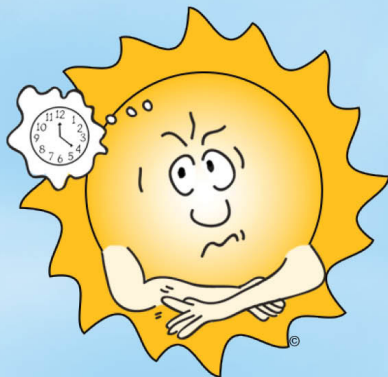
LONELY

alone, friendless, feeling unloved

By golly, it is hard to feel alone
It is like having no ice cream, just a cone.
Whereas being loved is all it's about
And it makes us certainly want to shout.
When we are loved and loving from A-Z
It helps us develop, don't we agree?
In future, let's inject love in all we do
And be loving to all, not just a few!



patient



impatient

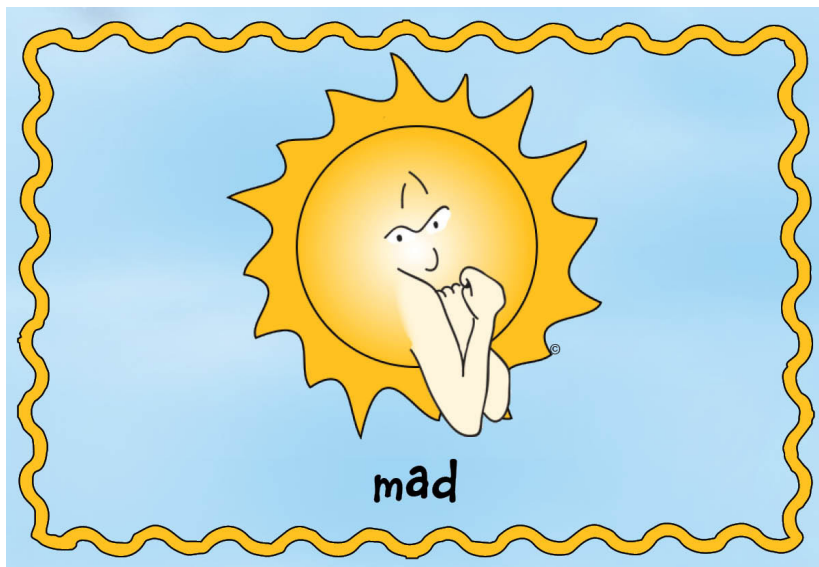
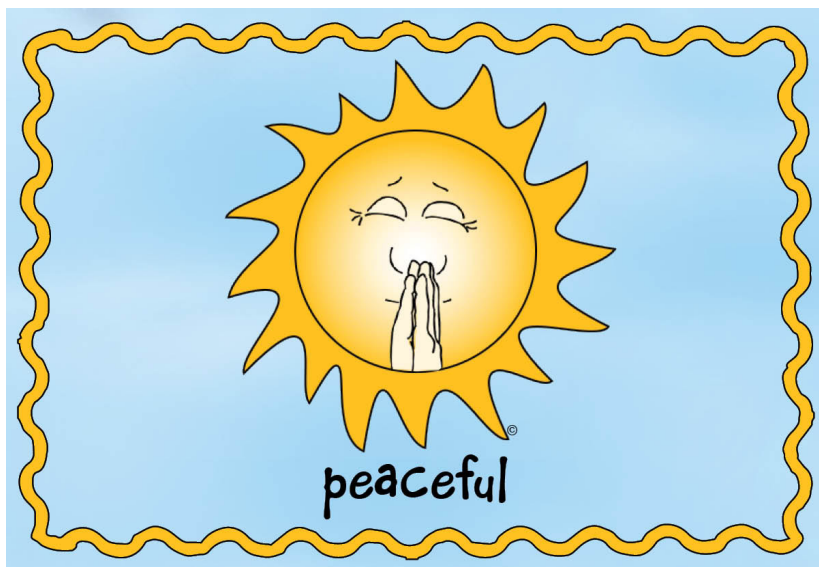
PATIENT

calm, not complaining

IMPATIENT

annoyed, snappy

Patience is such a wonderful thing
It prevents us from getting an emotional sting.
We don't get annoyed at having to wait
Even when people are sometimes late.
We focus on not being mad or snappy
Then we can stay calm and very happy.
We must believe that whatever is meant to be
Will come to our door, with just the right key.



PEACEFUL

pleasant, quiet, relaxing

MAD

angry, agitated, furious

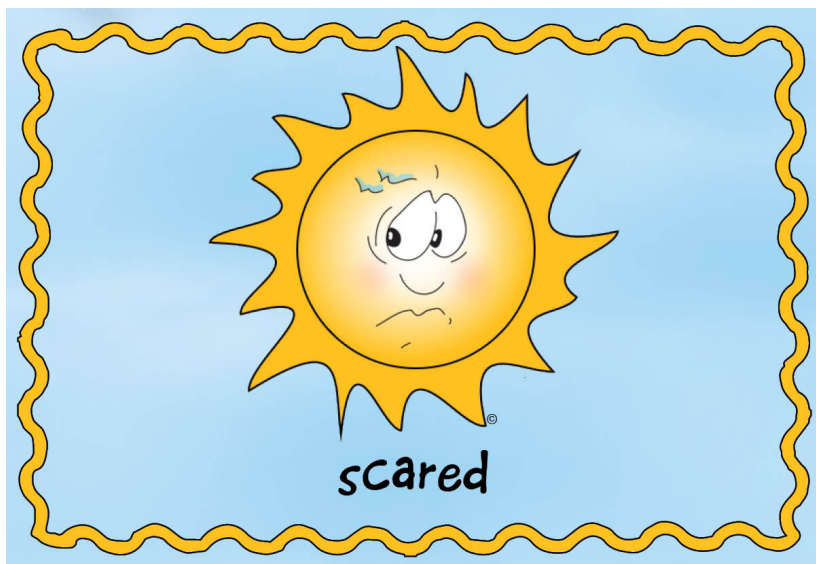
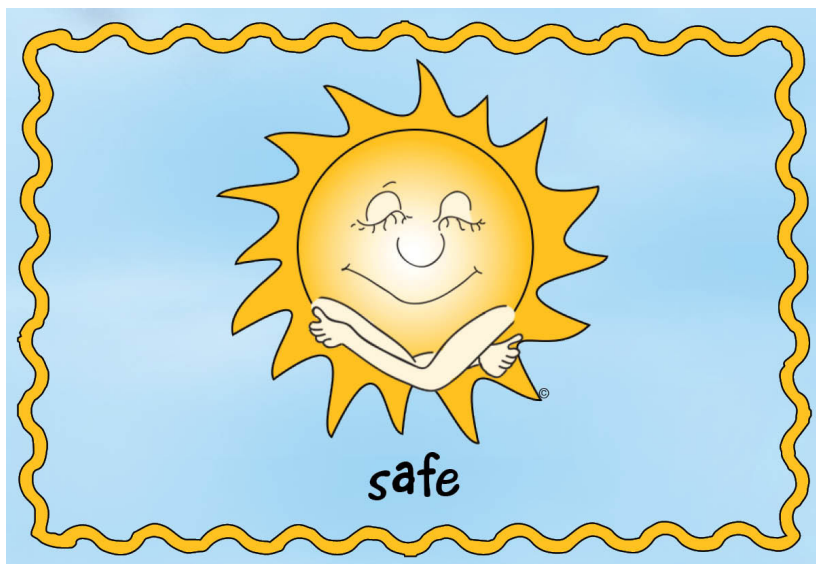
Many Things can happen to make us mad
And just as many Things that make us feel bad.

But when we focus on being at peace
We see ourselves floating in water, just like geese.

We say to ourselves, don't get too upset

It will all work out, so please do not fret.

We think positive Thoughts to avoid getting furious
This is surely the best way to stay relaxed and curious.



SAFE

protected, defended, secure

SCARED

nervous, unsafe, at risk

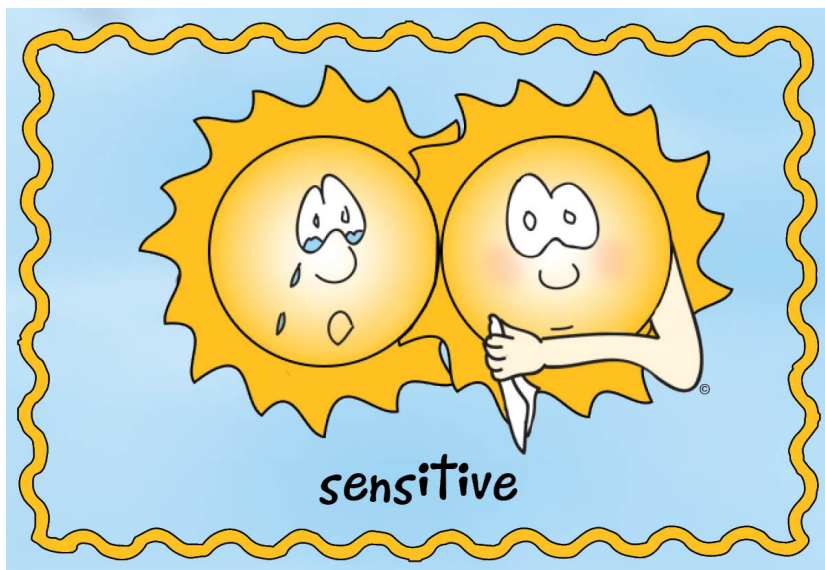
Many times, we have been scared and we suspected
That things are happening where we are not protected.

We work very hard to think things out

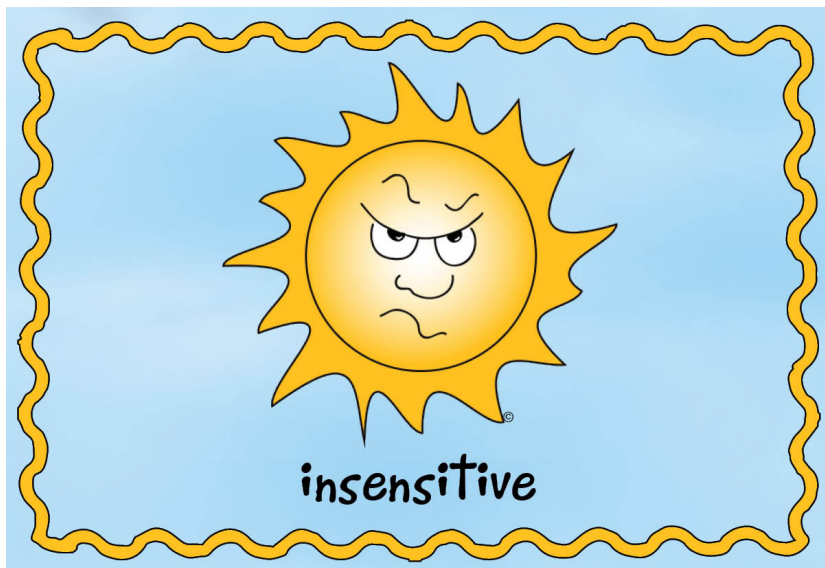
As a way to be brave and not just pout.

Though we all deserve to feel safe and secure
There can be risky things that we might endure.

It's best to say, we must be smart and strong
And find a safe path, so troubles can't stay long.



sensitive



insensitive

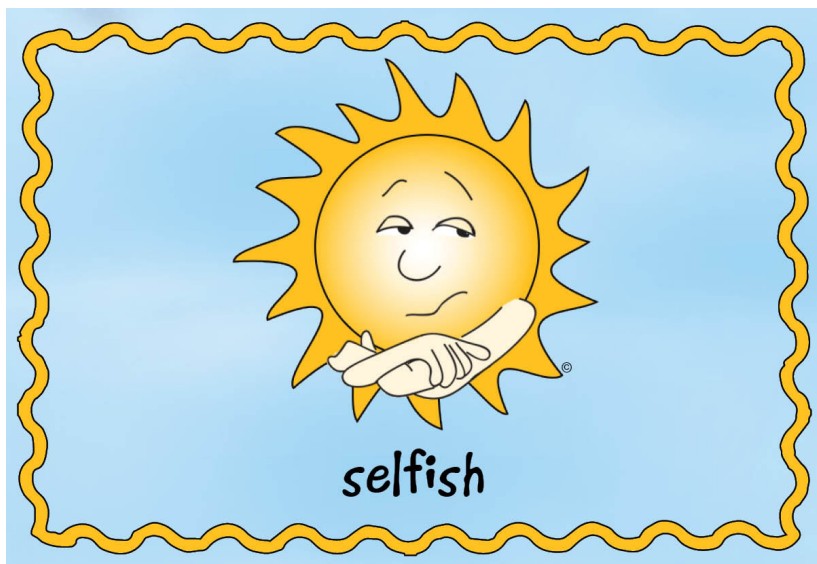
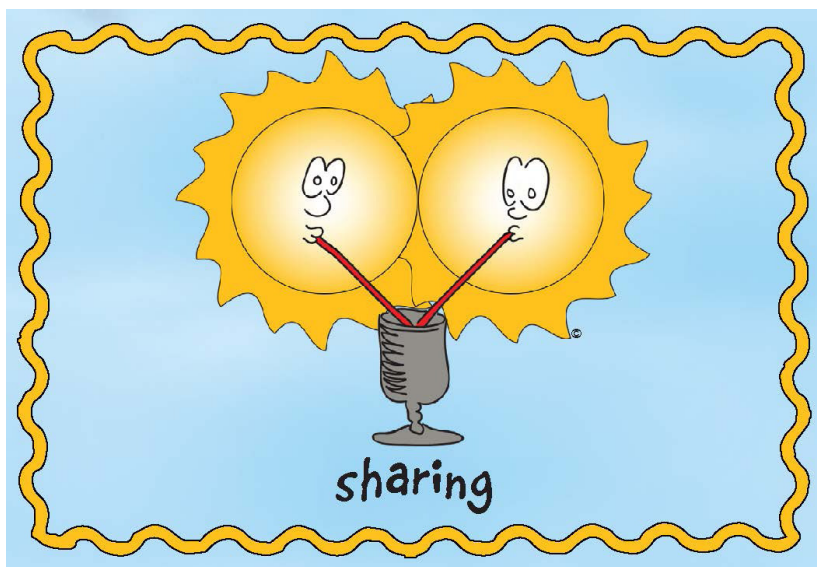
SENSITIVE

thoughtful, tuned in to other's feelings

INSENSITIVE

not aware of other's feelings, inconsiderate

When we feel sensitive, we try to find
If the other person is of the same mind.
Sometimes when we are lucky, others may not be
So, it is important that we stay complimentary.
We need to be sensitive, and try not hurt a friend
It is important to know how and when to bend.
Being sensitive is love, consideration and care
Knowing it is good to be thoughtful and aware.



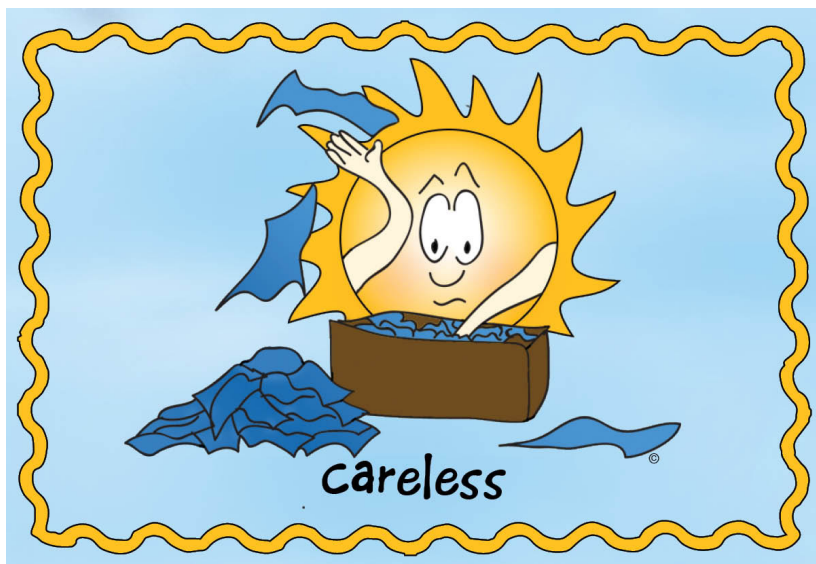
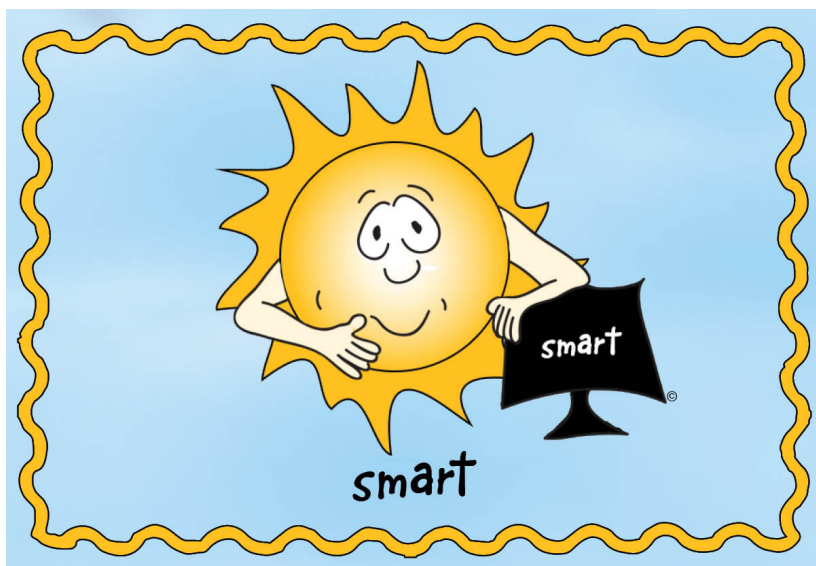
SHARING

giving to others, generous

SELFISH

keeping things to oneself, stingy

If everyone would be happy to share
We would not have such problems to bare.
We know that selfishness is not very good
Because things don't work out as they really could.
It is important that we work on our "giving" story
So we can help others have much more glory.
We need to share our toys, things and such
Especially with those who don't have as much.



SMART

intelligent, makes good decisions

CARELESS

thoughtless, makes mistakes easily

Most people think being smart is in the brain

But really it is more in the heartfelt lane.

Making good decisions is such an art

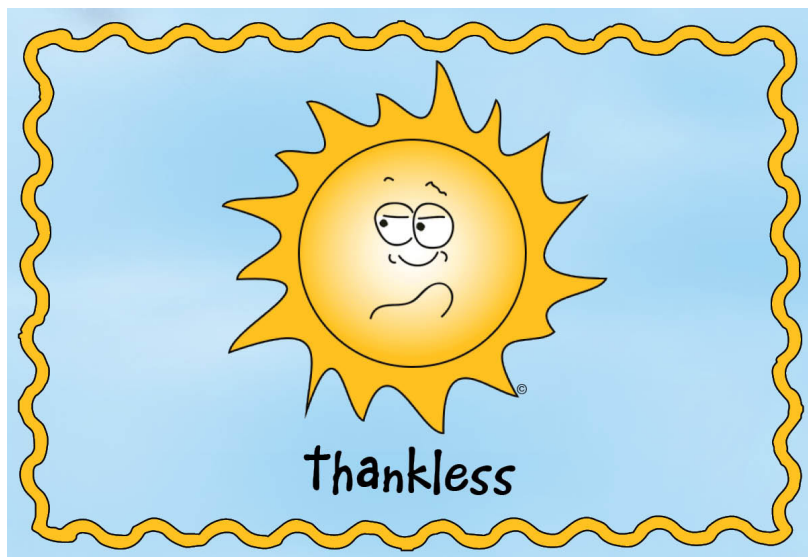
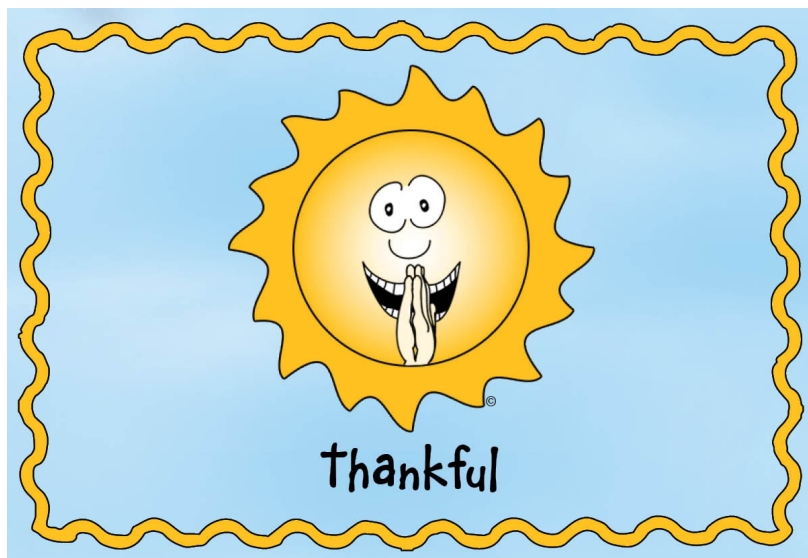
It is the foundation of being really smart.

When we are careless, we seem to make mistakes

We need to go slower and put on the breaks.

But we are learning each day to understand more

How to take the right path and avoid the wrong door.



THANKFUL

grateful, feeling very lucky

THANKLESS

ungrateful, not aware of other's giving

We know it's important that we are grateful

Because it keeps us from feeling hateful.

If we concentrate on all the good in our day

We feel thankful, and nothing seems grey.

There will be days where we draw such blanks

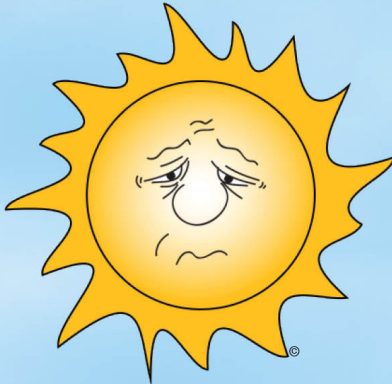
But there will also be days where we feel such thanks.

If we wake and say thank you for all we've got

Then we will be very content with our life's lot.



triumphant



defeated

TRIUMPHANT

successful, feeling like a winner

DEFEATED

crushed, losing

No matter what happens, we can feel like a winner

And it certainly makes losing a little thinner.

In truth, being triumphant is not what it appears

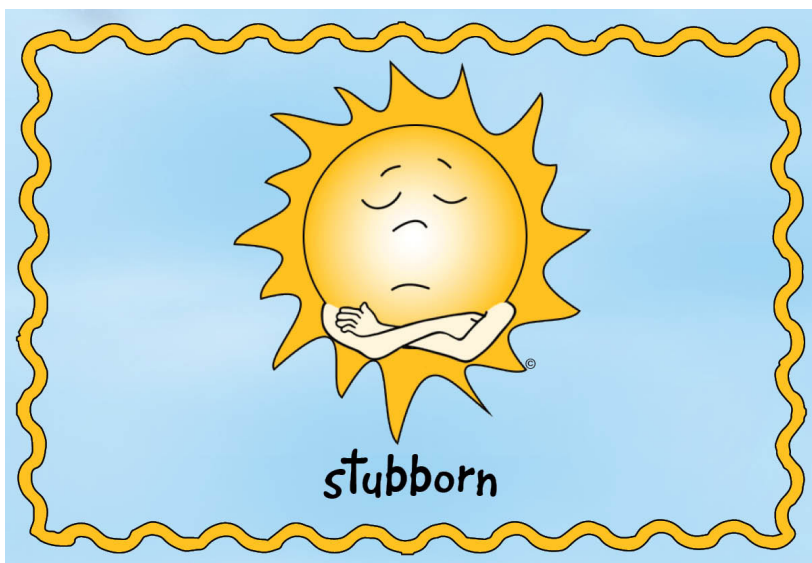
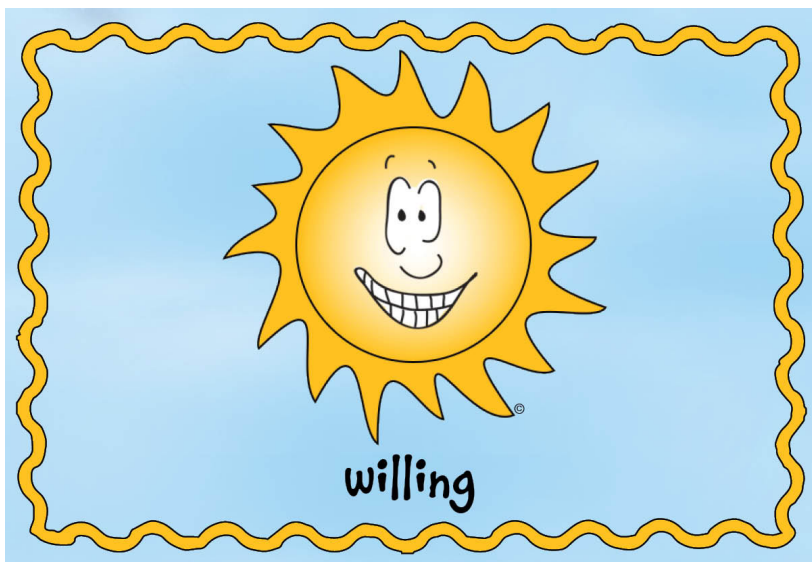
Triumph is sometimes giving another some Cheers.

We are all winners, as it is in the trying you see

For we never really know what is meant to be.

We are all successful and victorious in our own right

For our thoughts and feelings are what gives us might.



WILLING

open to new things, eager, readily giving

STUBBORN

closed, stuck on one opinion, headstrong

Being willing and open makes life more fun

And we certainly get much more done.

Being closed and stubborn has proven not very good

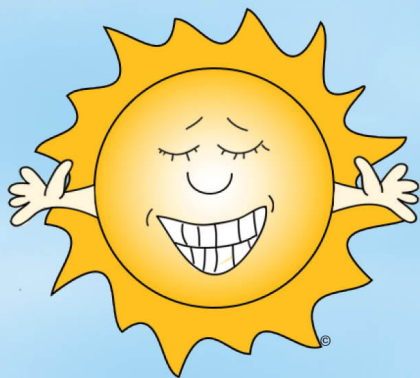
Because things don't happen in the way they should.

Trying new adventures is exciting and daring

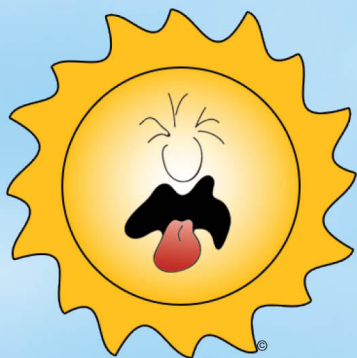
It surely makes for a better story to be sharing.

We must open ourselves up, not closed and stuck

Because willingness brings us such good luck.



wonderful



horrible

WONDERFUL

fabulous, fantastic, full of wonder

HORRIBLE

awful, yucky, terrible

Feeling wonderful is more exciting than we can say

It is like the sun shines each and every day.

Though things can happen that are really yucky

We need to focus on where we're extremely lucky.

Feeling wonderful is really a gift to ourselves

We become surrounded by gnomes and elves.

We can truly create wonder, if we see fit

And a miracle can happen, if we believe in it!

... The beginning

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