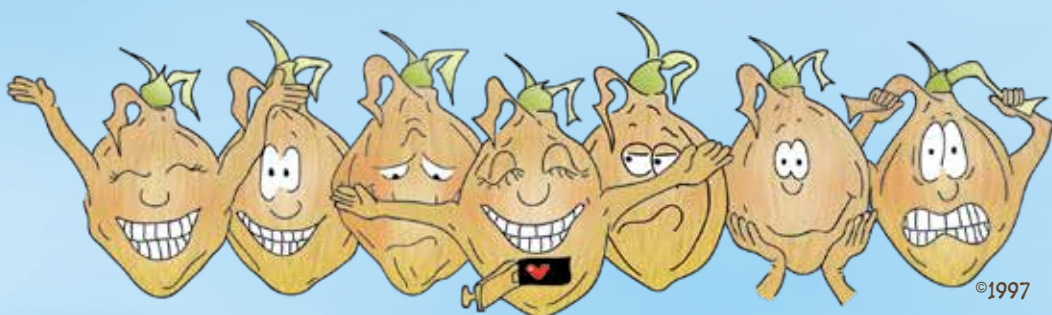


Onionhead[®]

peeling feelings...teaching us what to do with what we feel

A-Z STORY DICTIONARY

Ages up to 10



©1997

Hi everyone,

I thought I would write you a book
So you could take a really good look
At what feelings truly do mean.

It is an A-Z dictionary of all the emotions
And a little story, so no commotion
To understand better what you have seen.

I'm lucky, my family is really great
They taught me not to hit or hate
So on them, I usually do lean.

I hope you enjoy reading my story
About all my true feelings, not my glory
I wrote truthfully about how and where I have been

Be brave, be happy, be calm, be energetic
But also look at the feelings that are pathetic
I assure you from that, you will never be mean.

If everyone would just take time to think
About feelings, so to their heart they would link
The whole world would be loving, kind and clean.

Love,
Onionhead®



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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.



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.

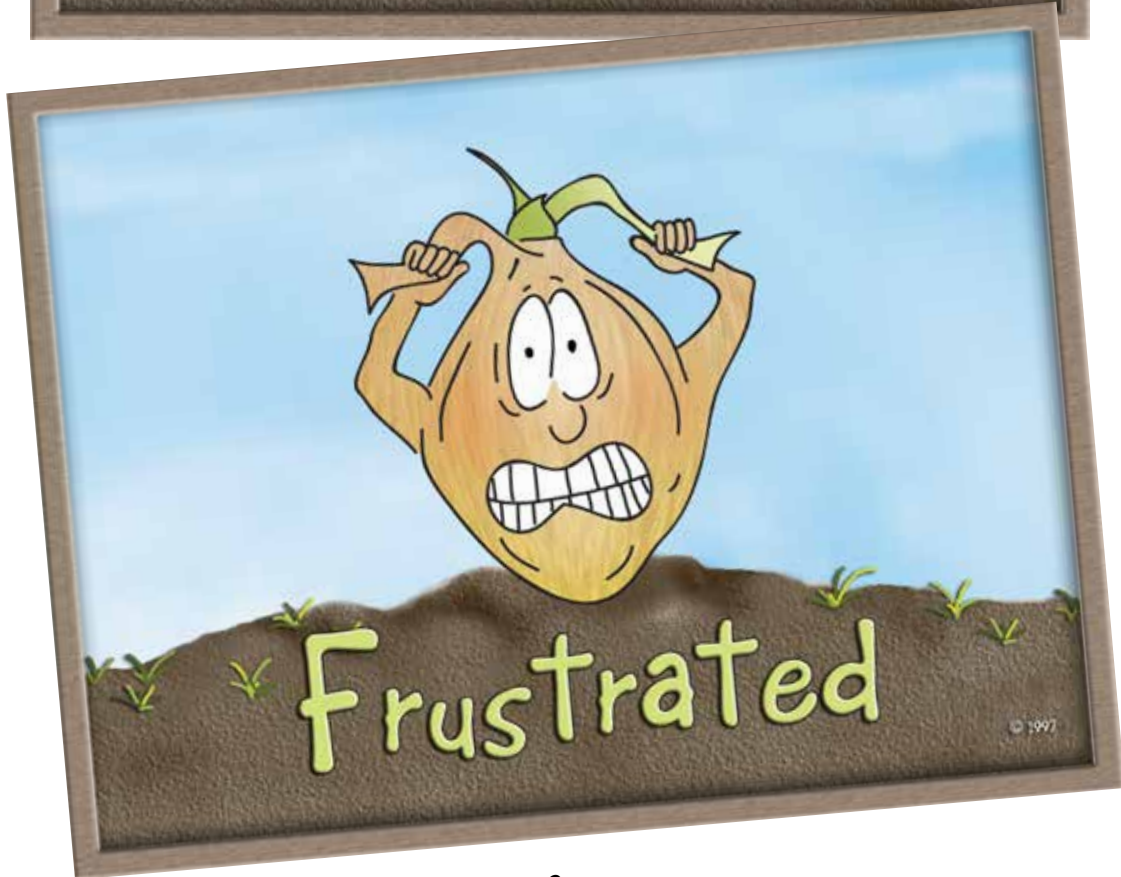
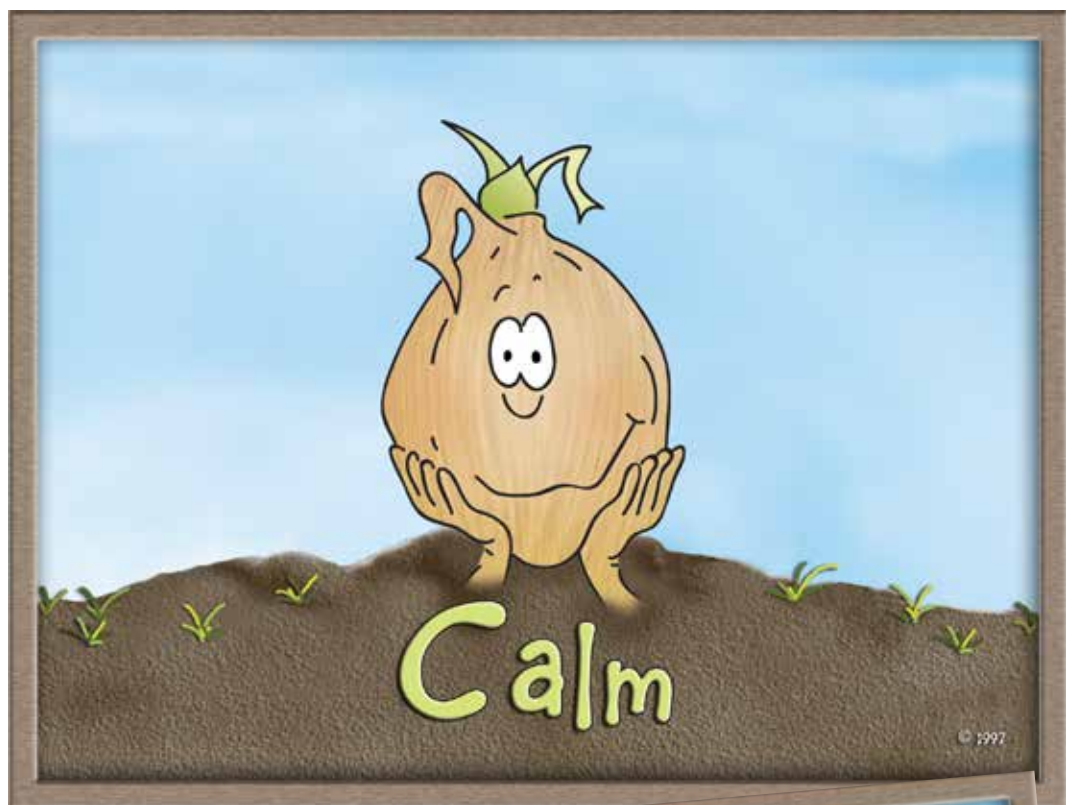
I turned around in time to see
This bully named George Dupree.
He pushed in front and I **bravely** said, "HEY!"

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.



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

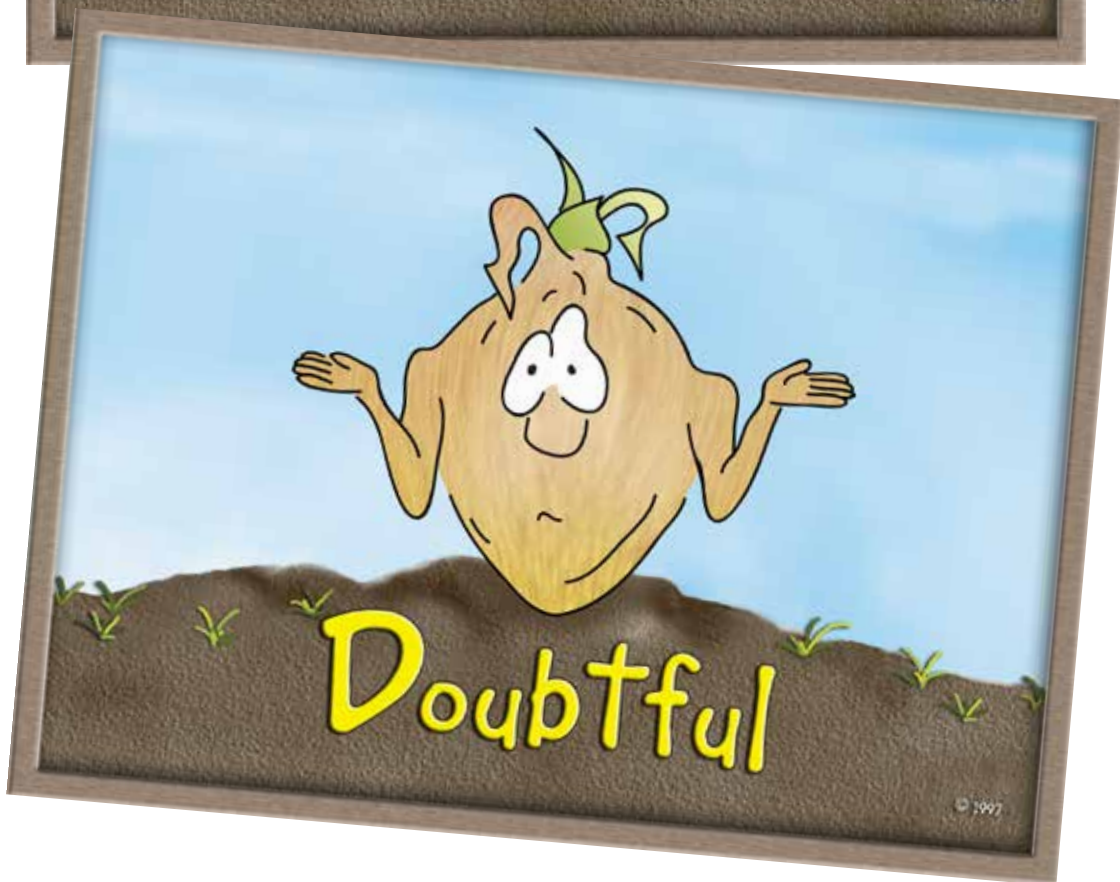
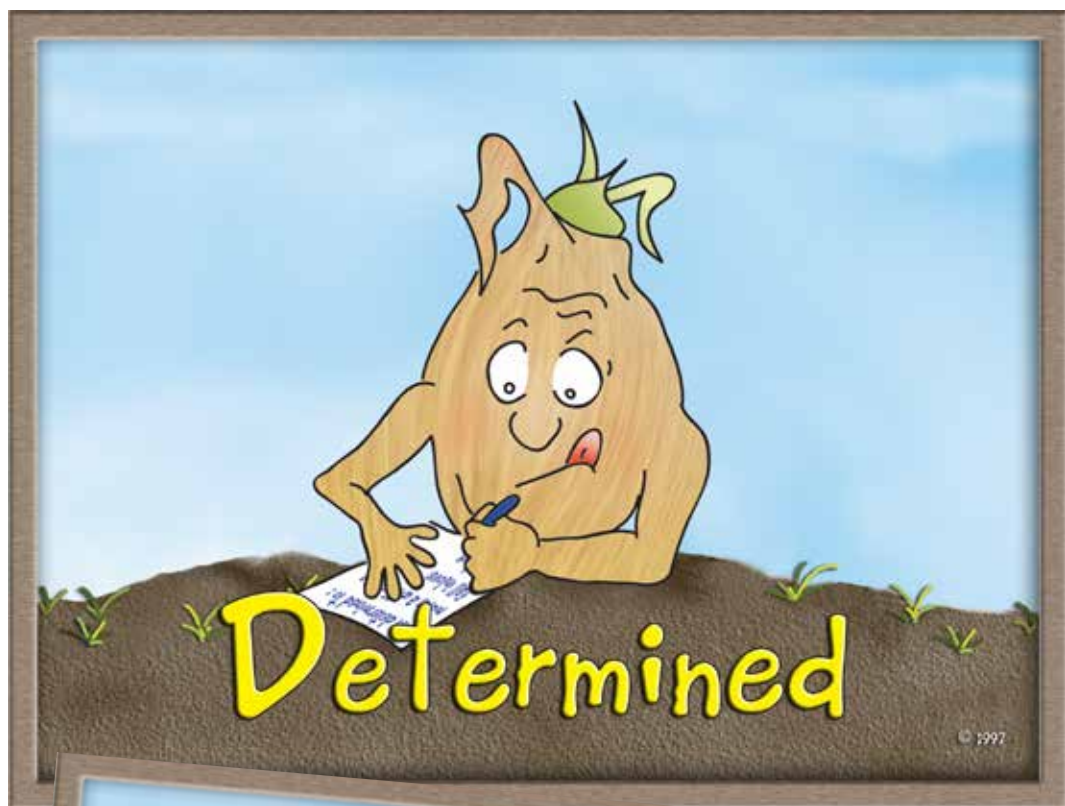
Every time I get in front of a group
I turn into blended onion soup.
My words just don't come to send.

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.



DETERMINED

light feeling



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.

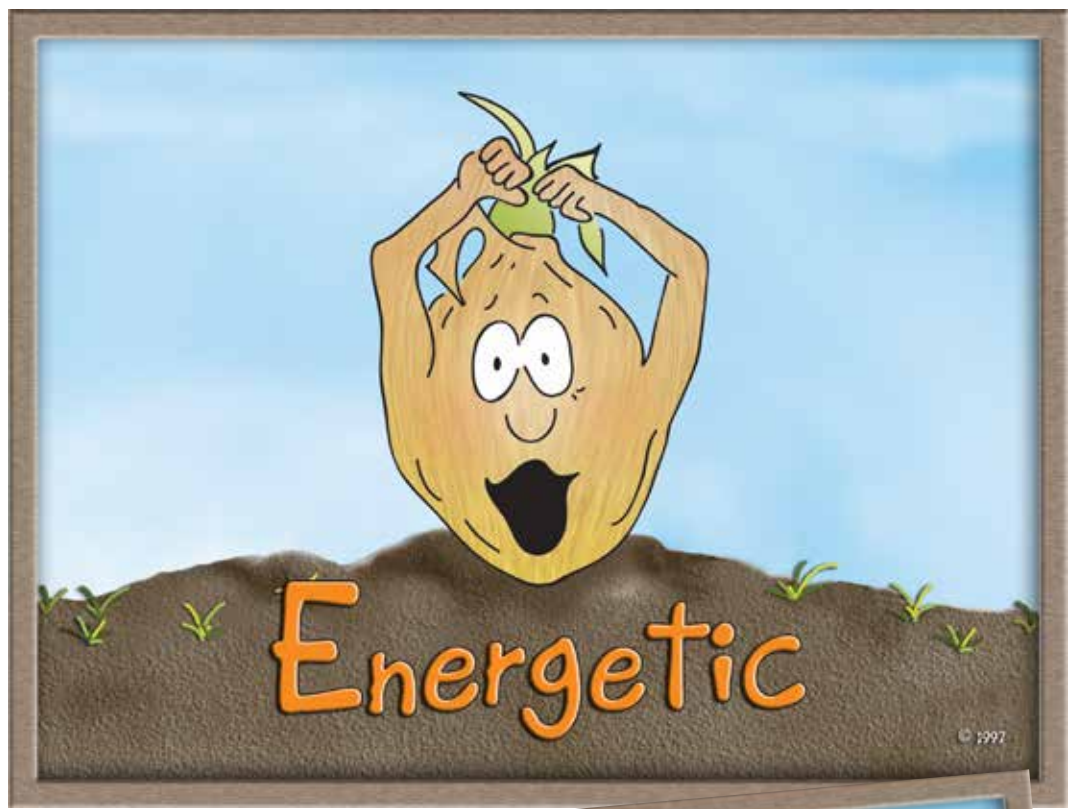
One day, my friend stiffly said to me
Cleaning house was as easy as can be.
It really cut through my self esteem.

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.



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.

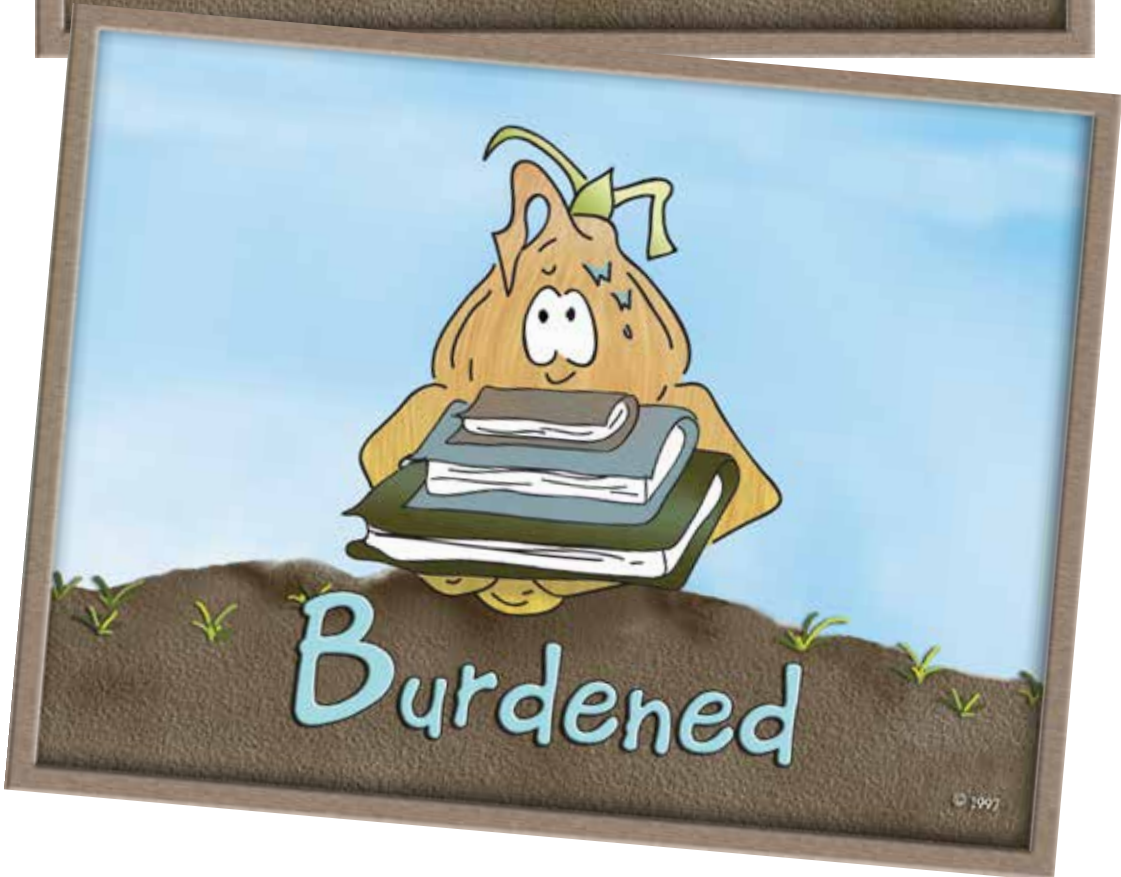
When she finished reading, she asked us to pretend
Like we were stuck in the very same bend.
Wow, right out of my chair did I leap.

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."



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.

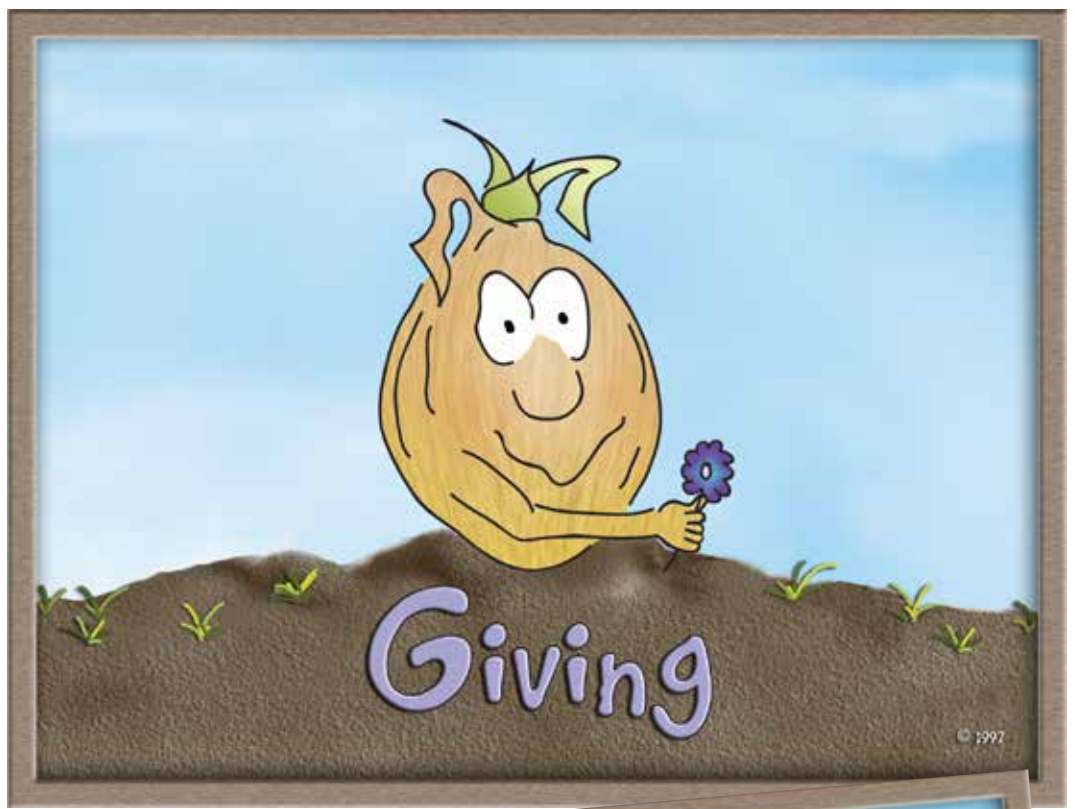
She yelled at me, "You are destroying my grass.
Didn't you know it is illegal to trespass?"
She was so close, I could smell her breakfast – it was oatmeal.

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.



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.

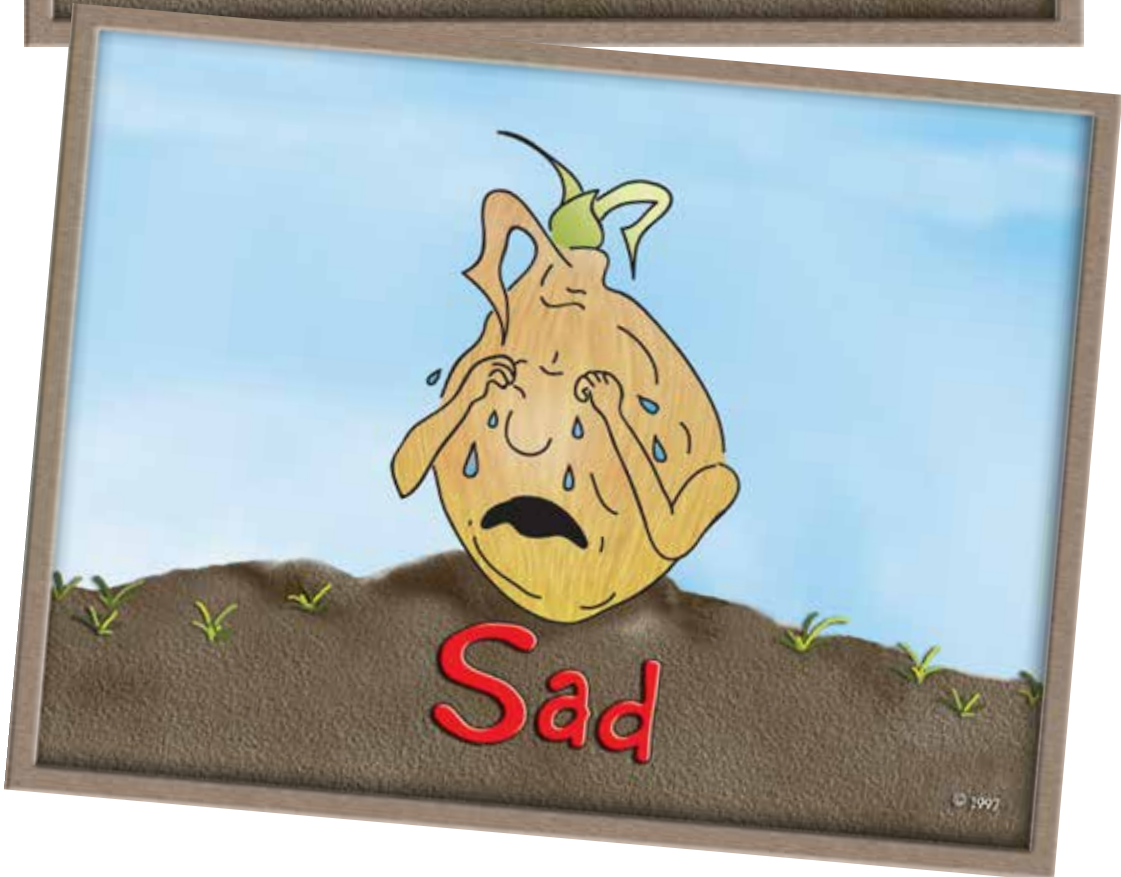
I did not care at all about the cost
The value of things got completely lost.
I selfishly did not consider my parent's revenue.

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!



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.

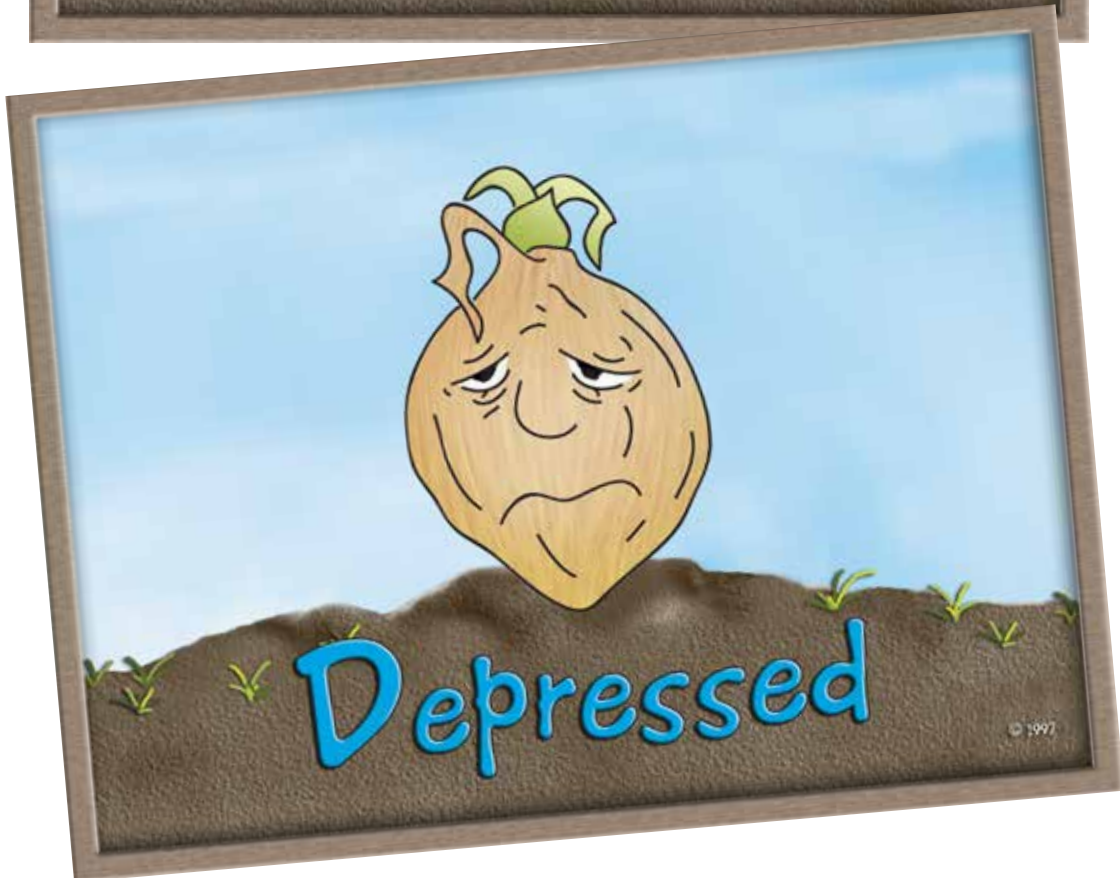
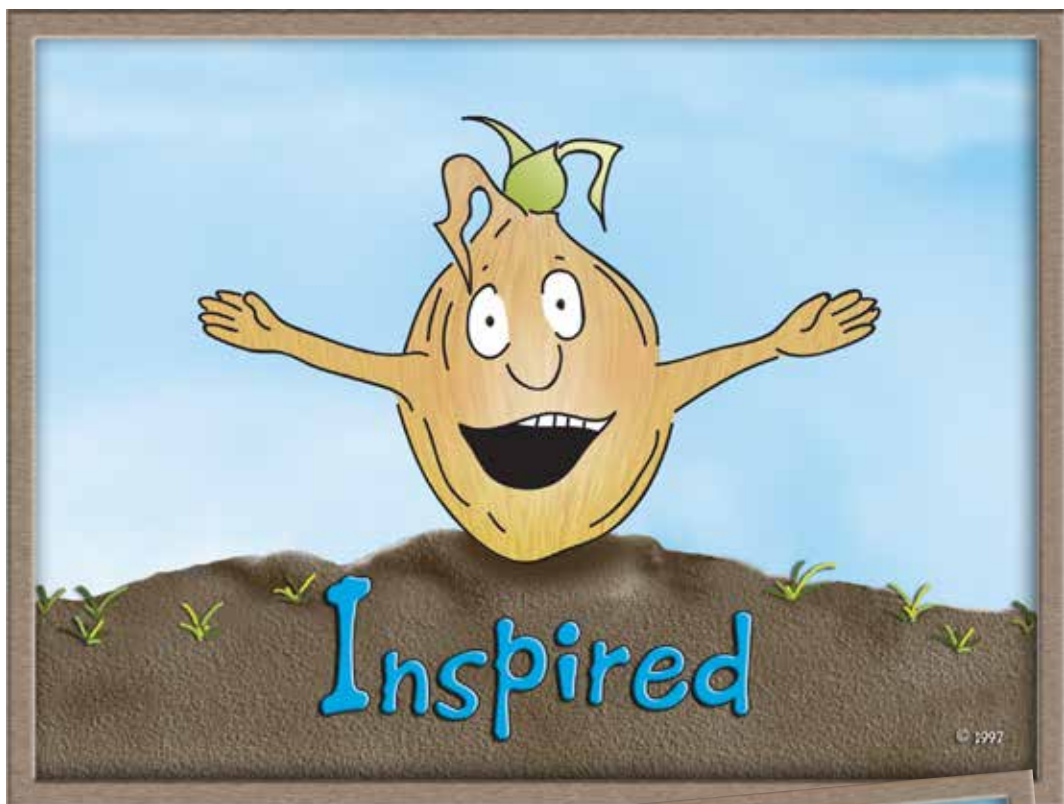
One day last year, he died and left the world.
Oh how my **sadness** just swirled and twirled.
I could not find any **happiness**, I felt so hollow.

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.

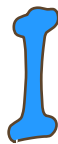
Yellow brings me so much joy, he made a difference
Sure, I still feel **sad** and miss PicaBoo since,
But my **happiness** returned and it's not shallow.

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



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.

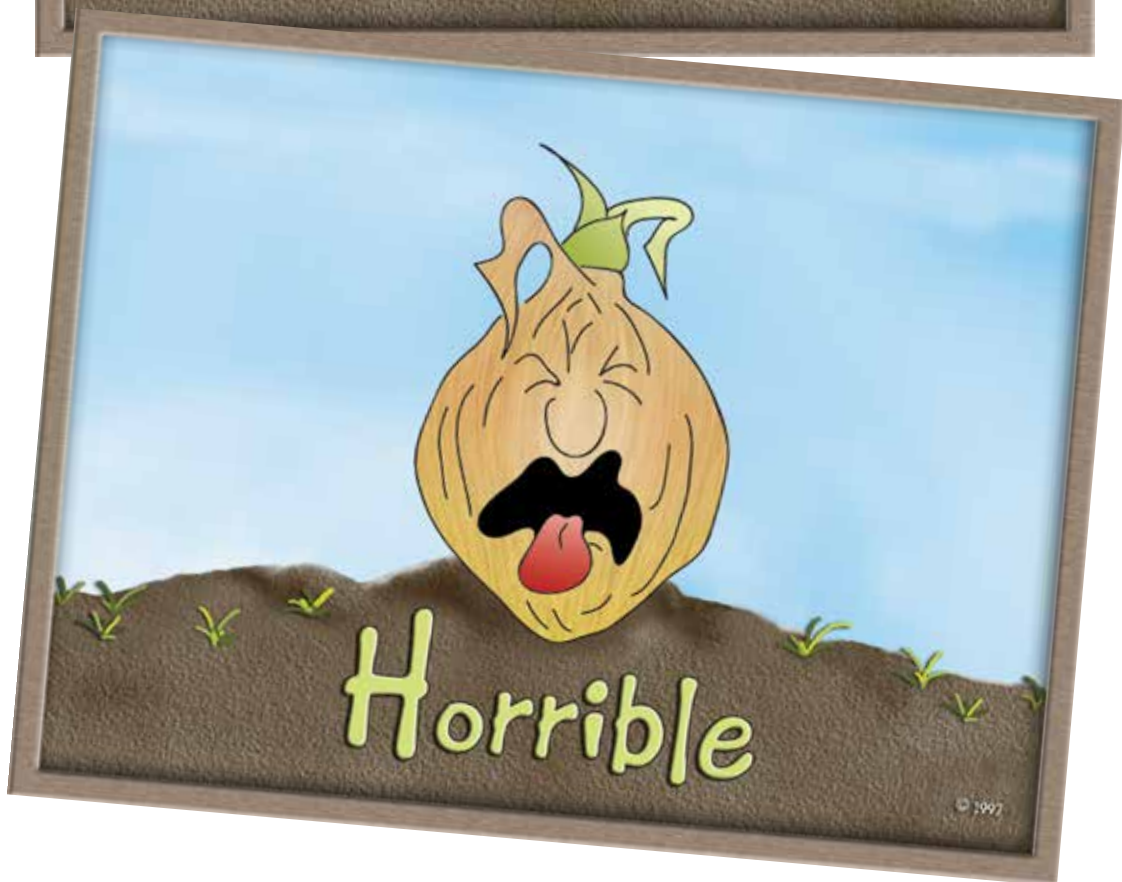
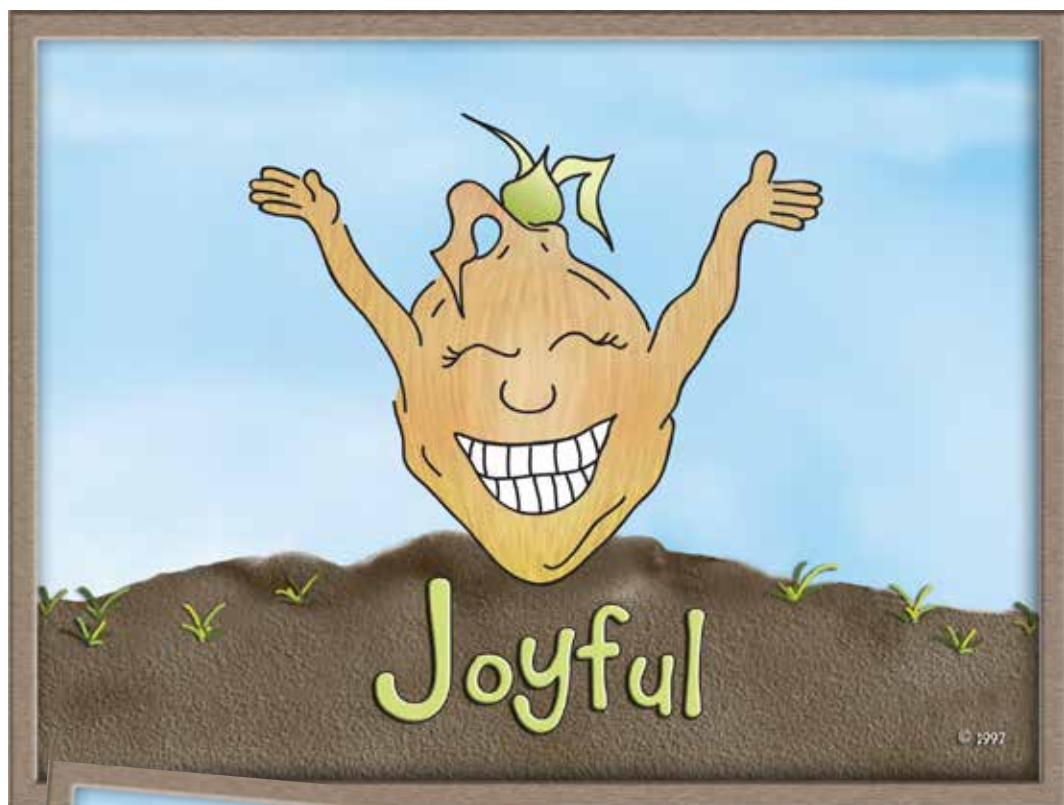
A **depressing** thing happened, I didn't make the cut.
I began acting out and got in a serious rut.
I was mad and started behaving obnoxiously.

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.



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.



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.



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.

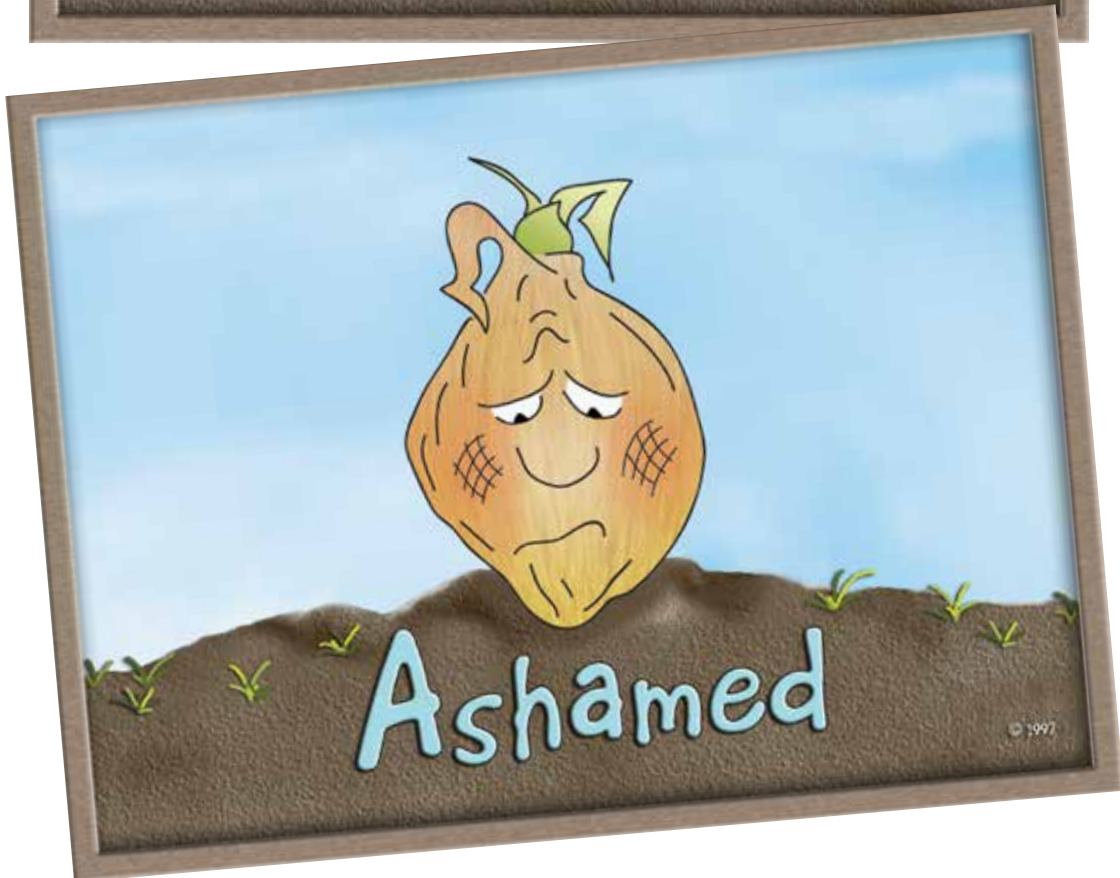
One day I was playing with my best friend Roy
We fought and in the end he broke my toy.
I said, "I **hate** you" and he said, "You, I **despise**."

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.



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.

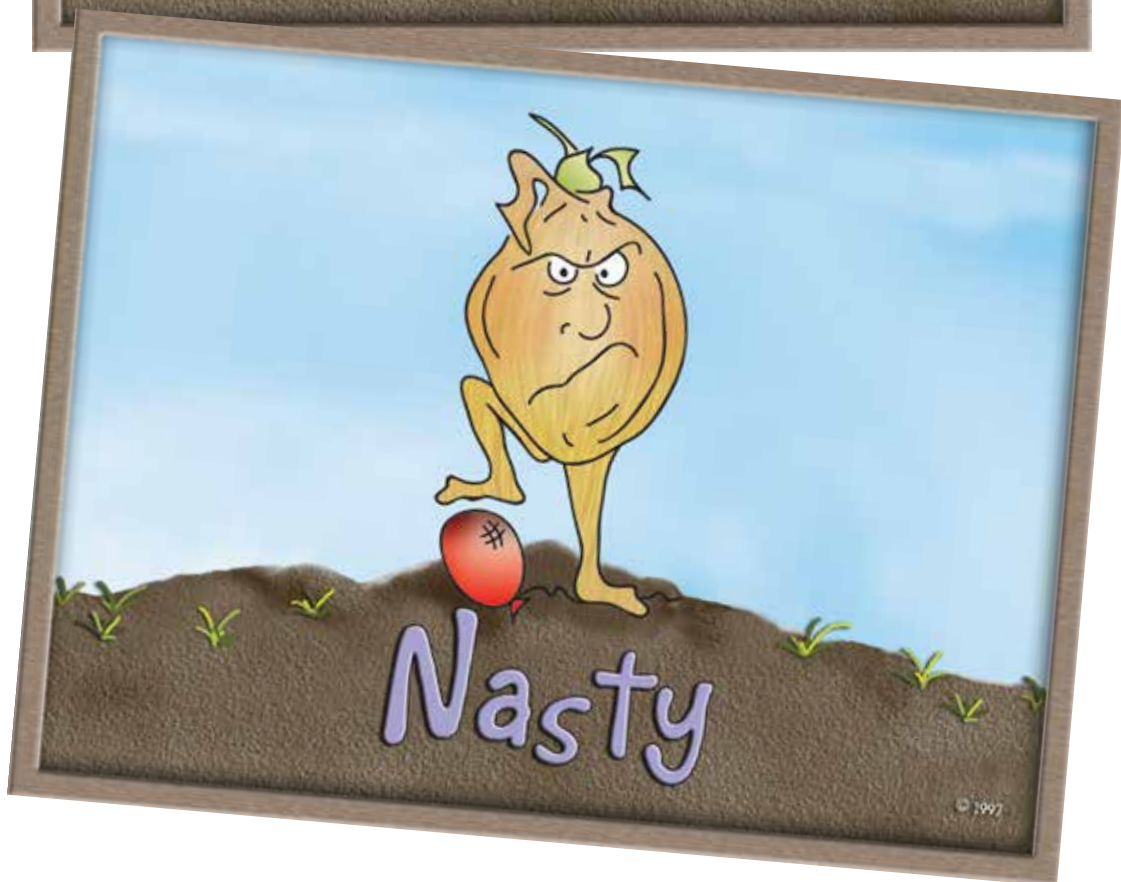
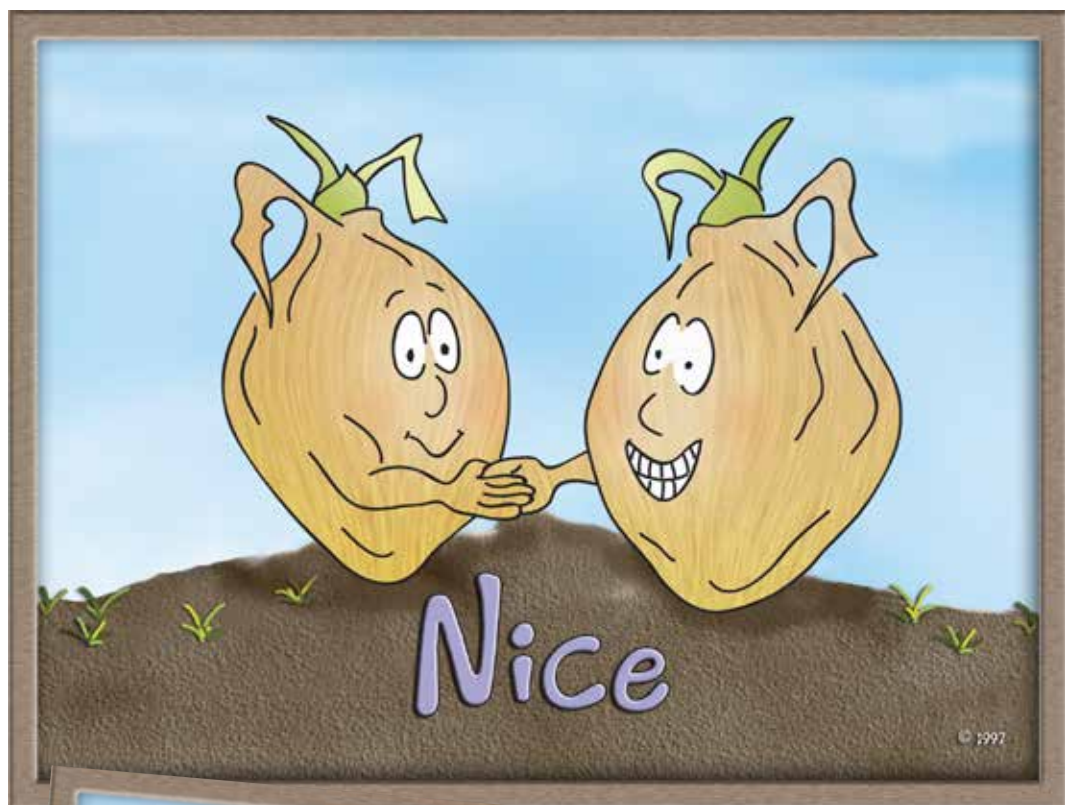
The next day when asked a question, I lied.
To this **ashamed** business, I was getting tied.
I thought I better get help to set myself free.

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.



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.

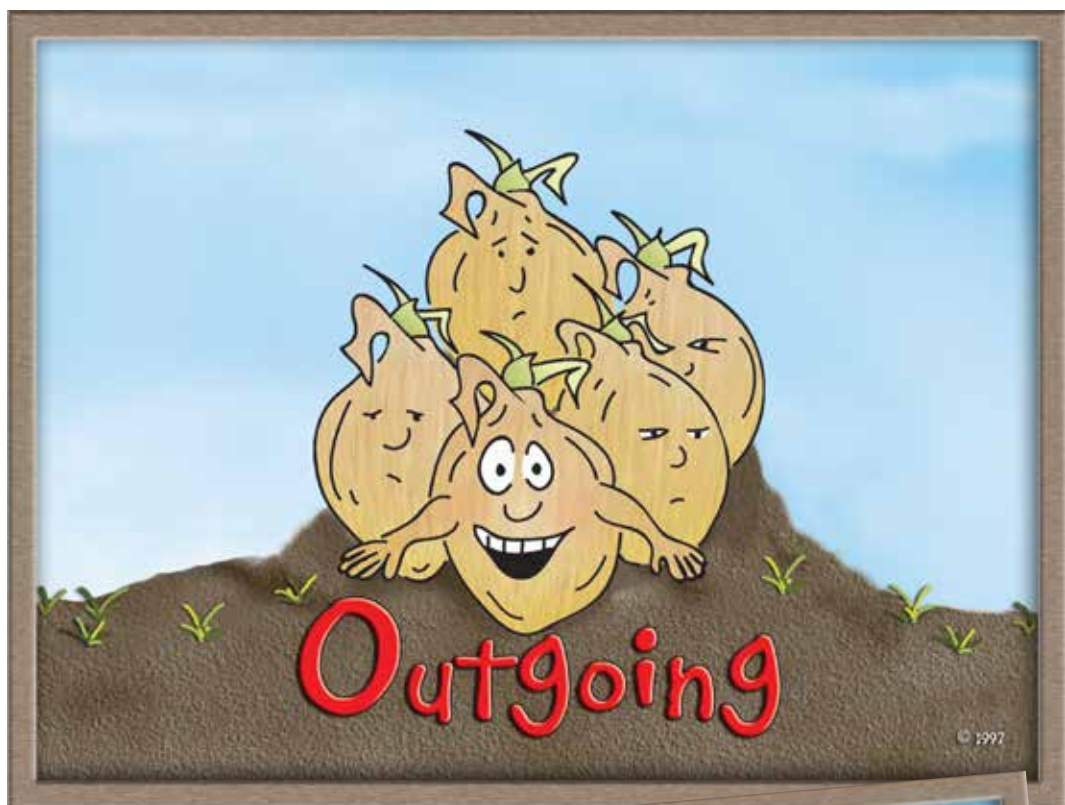
I decided to be **nice** when she asked me to race.
She tripped me and pushed ahead to first place.
Even Though she cheated, her victory she would defend.

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 **nice**ly 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.



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.

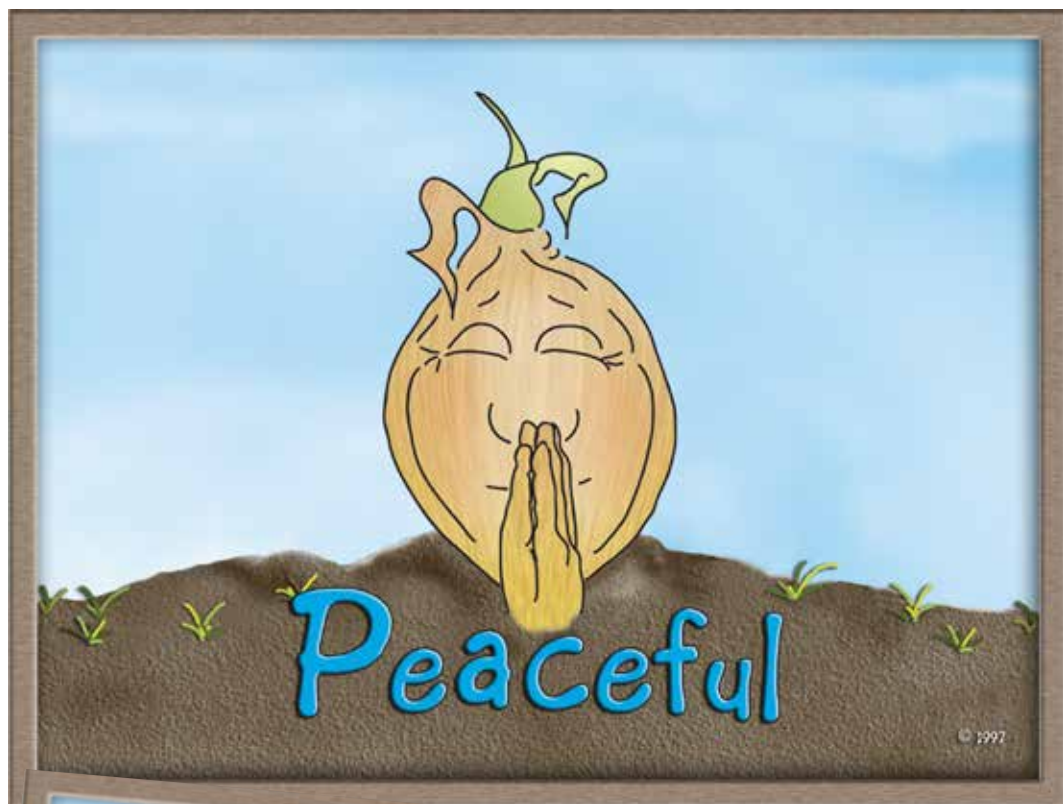
I went to my new school, kids laughed and stared.
One asked me if I bathed in non stick cookware.
This move was awful, I missed my onionized team.

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.



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?"

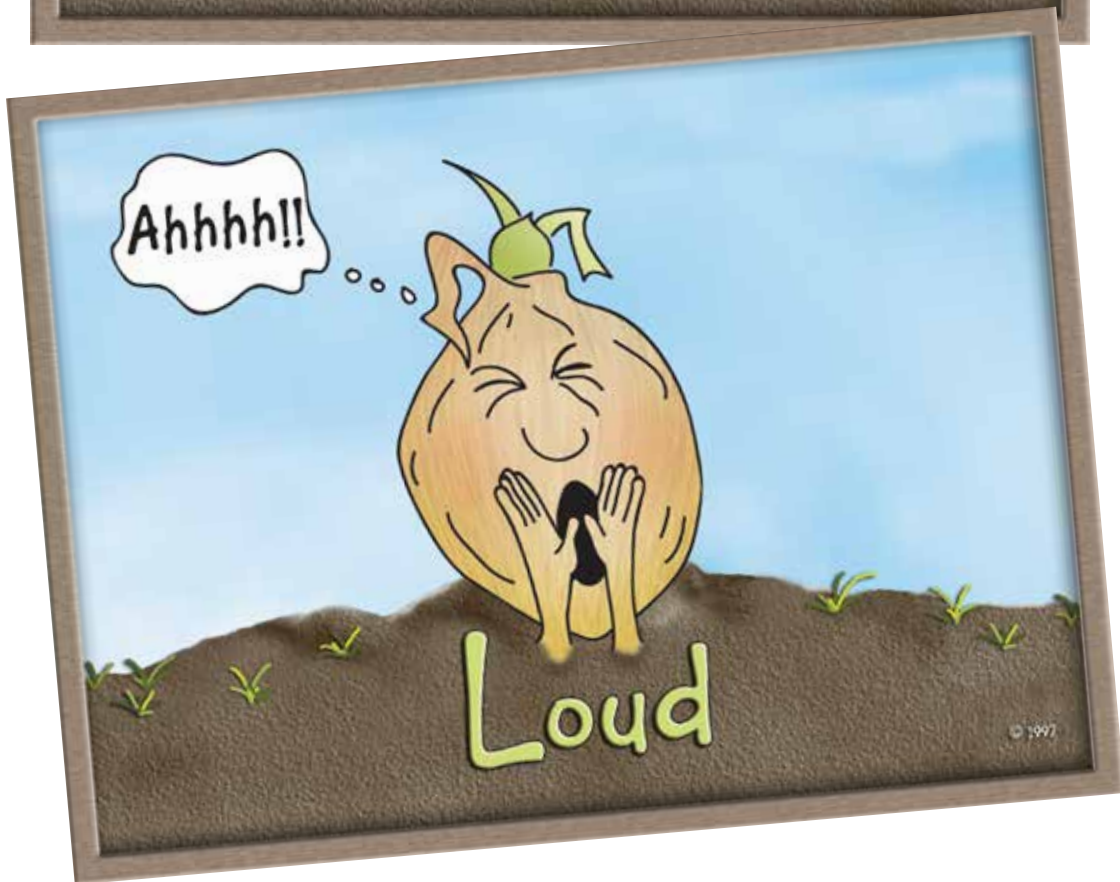
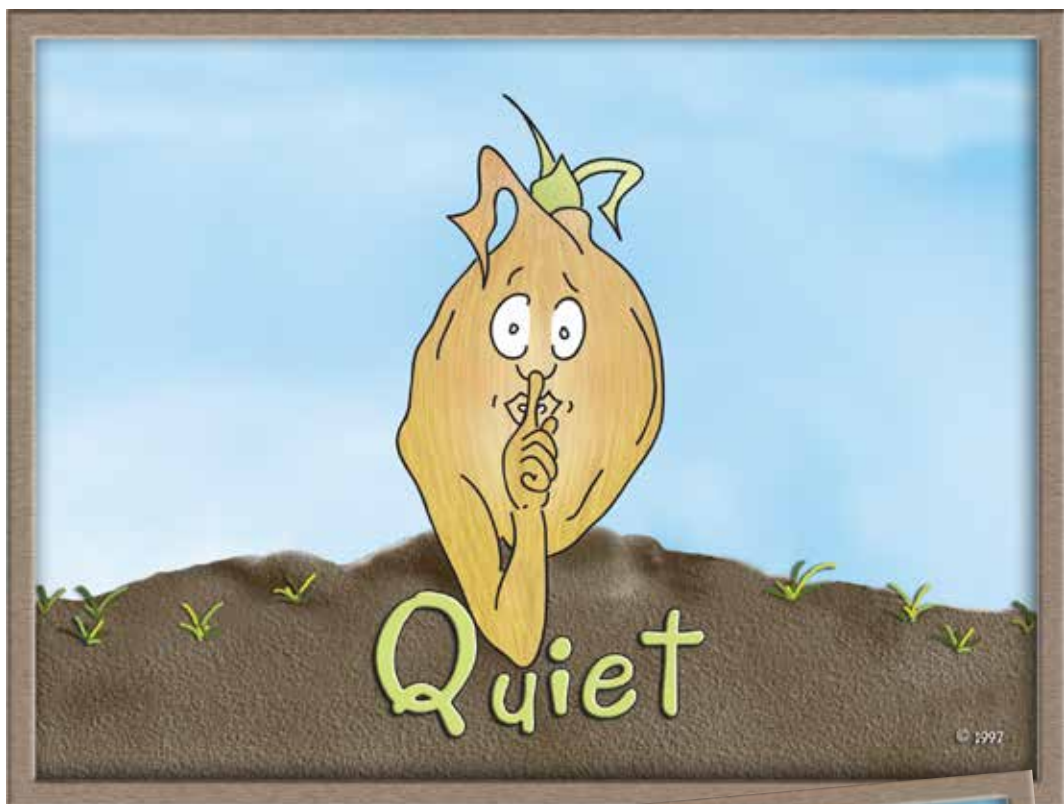
One morning because I was late, I missed the school bus.
My Mom had an appointment, so it was a big fuss.
She was **mad** - a feeling she did not want to conceal.

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** in tact.
If we all did this, the world would certainly heal.



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."

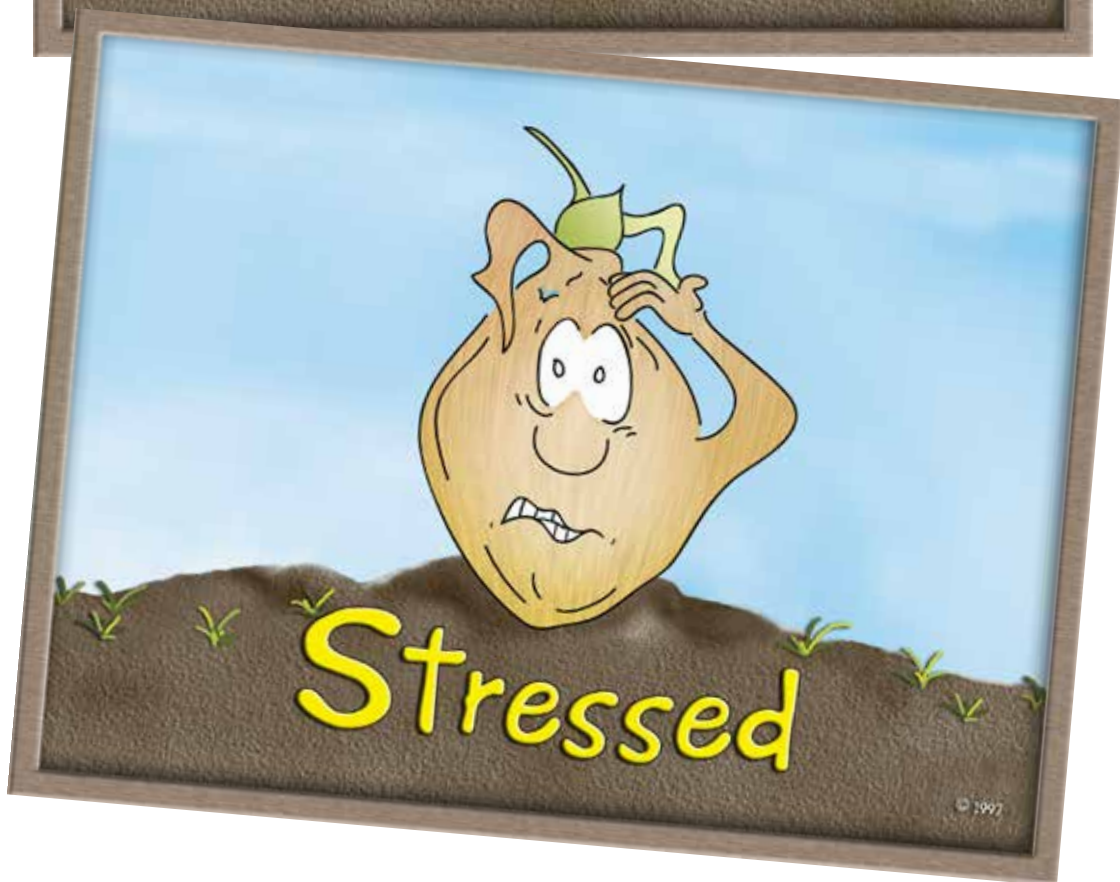
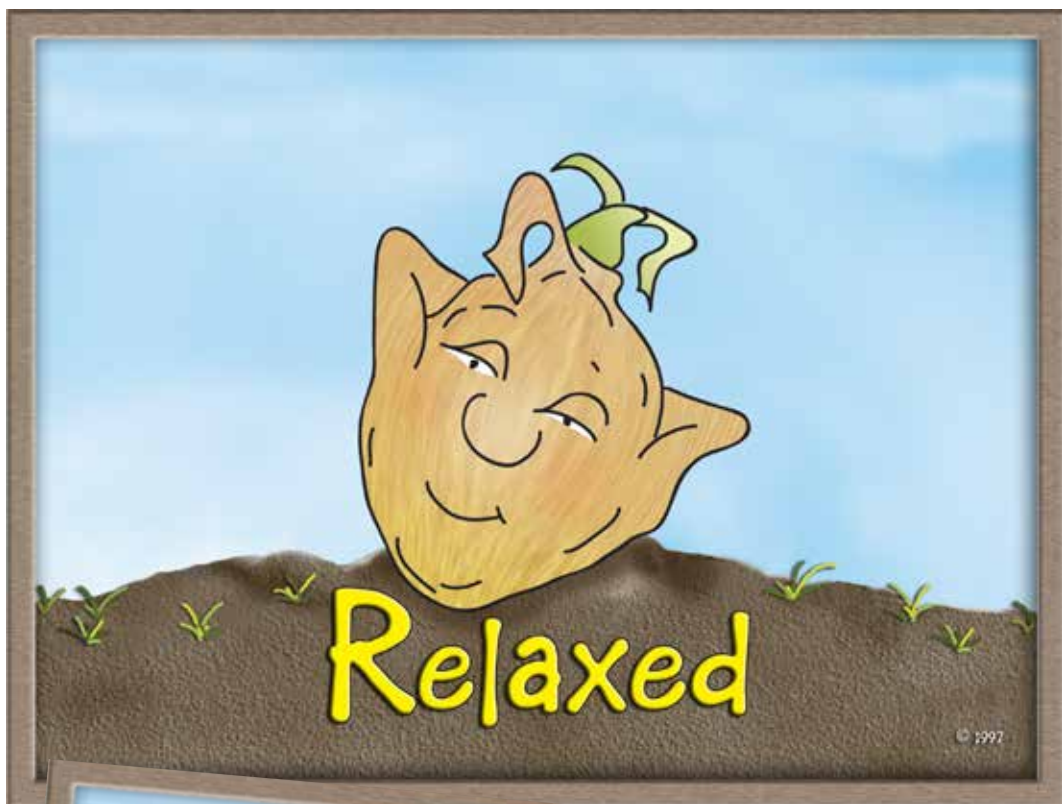
He said, "It is when we are **quiet** that we can reconnect
To a feeling of peace that is just so perfect.
It is then our seeds of wisdom can be sowed."

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.



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.

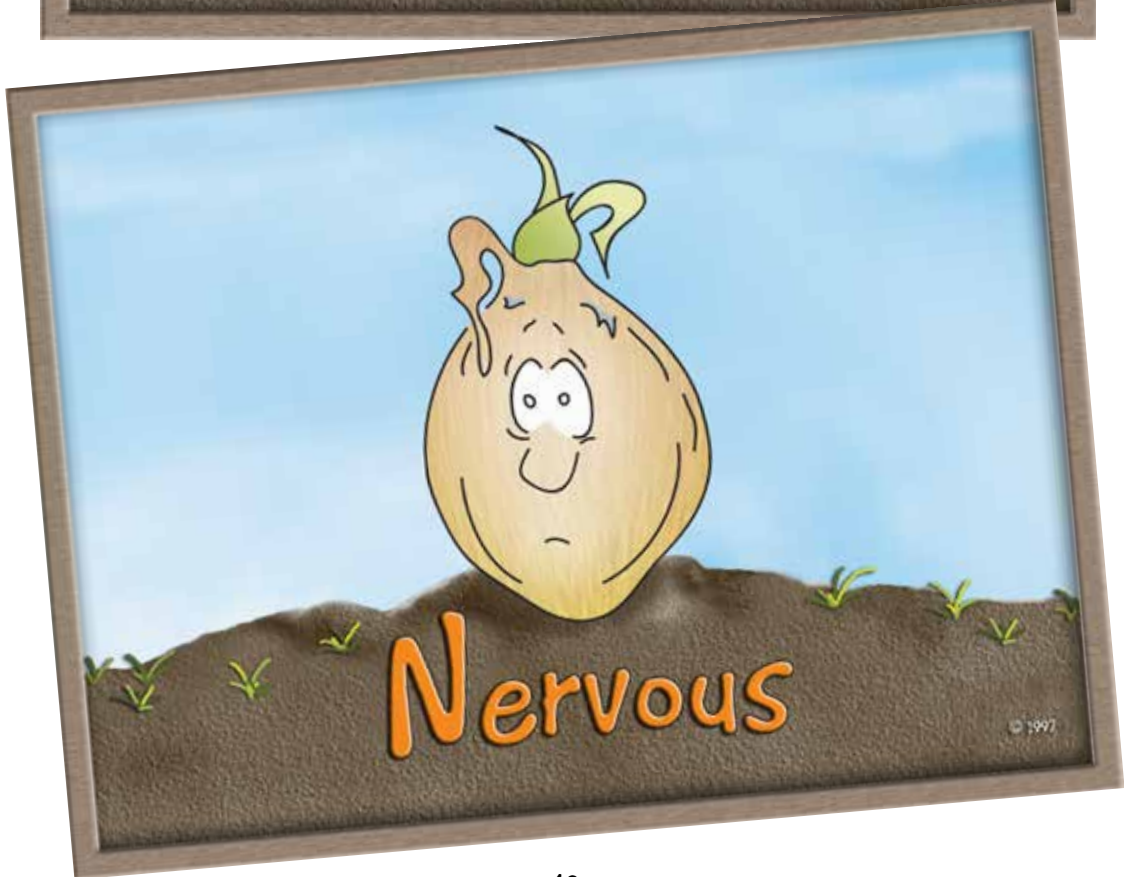
As you can imagine, as an onion, I am not tall
But I badly wanted to play basketball.
I am short and wide, I know – not much value.

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.



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.

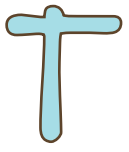
Everything I needed to be **safe** I had;
Head gear, back gear and many a pad.
I never got hurt, so my Confidence did not sway.

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.



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.

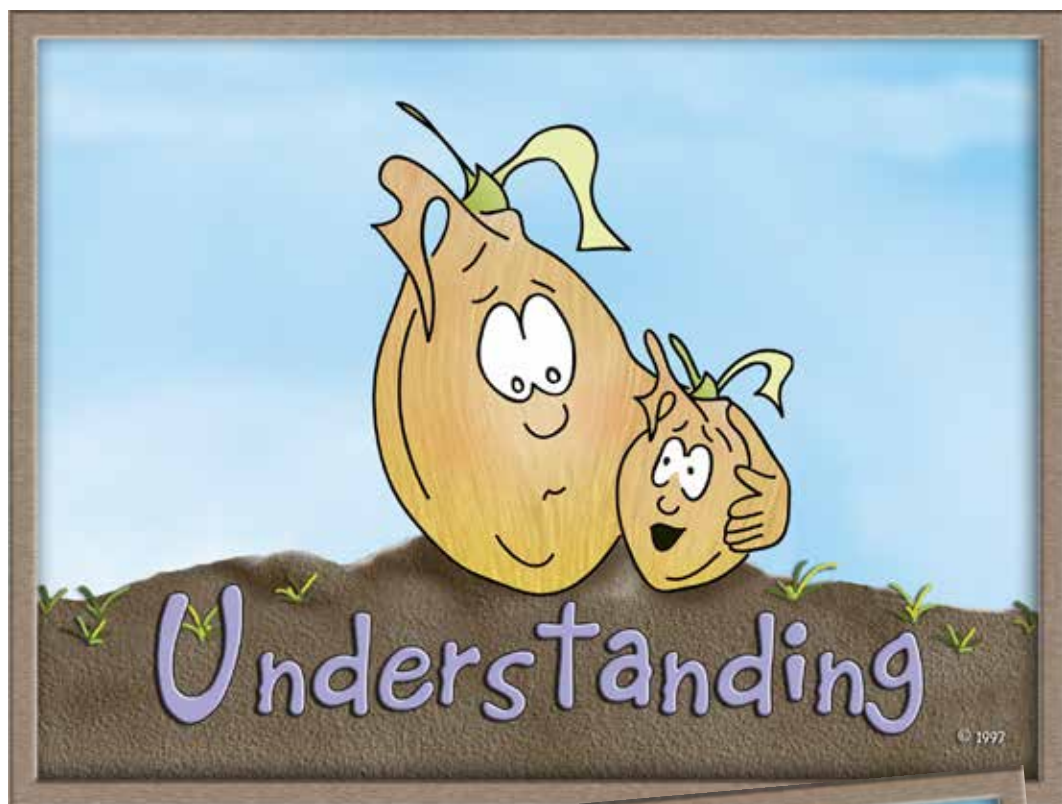
At one point my Cousin wanted to quit.
She did not understand the fun we all got from it.
She was **ungrateful** and became quite whiney.

Oh she made me overwhelmingly mad.
She was so horrible, it was really bad.
She never said **thank you** - no **gratitude**!

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.



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.

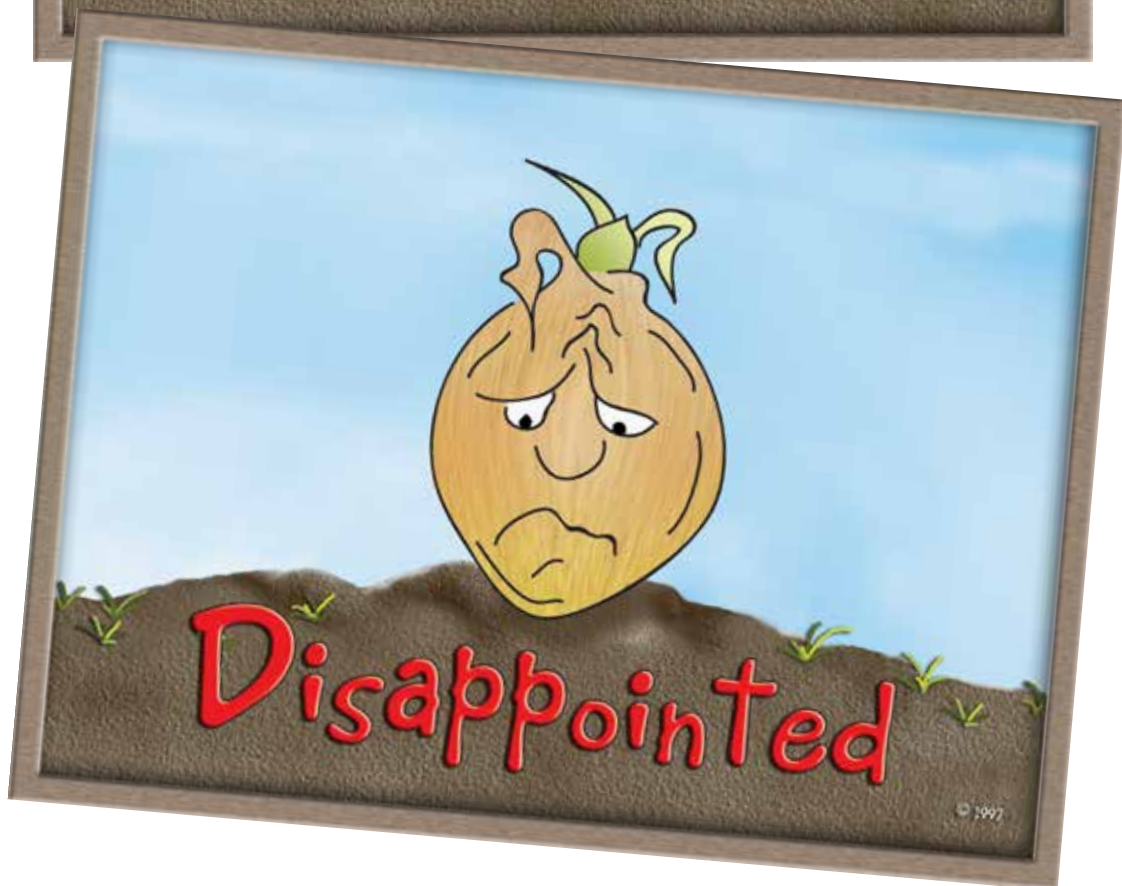
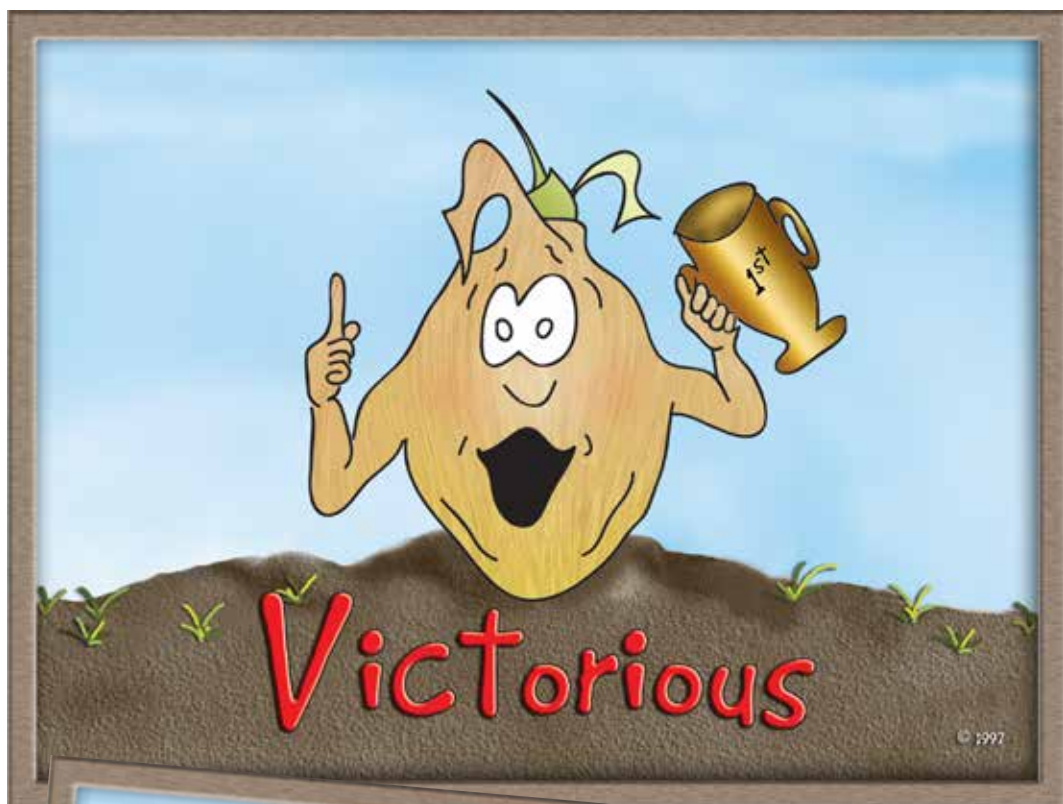
We had an assembly to get an update
To better **understand** about his difficult fate
When the girl I was next to laughed loudly.

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.



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.

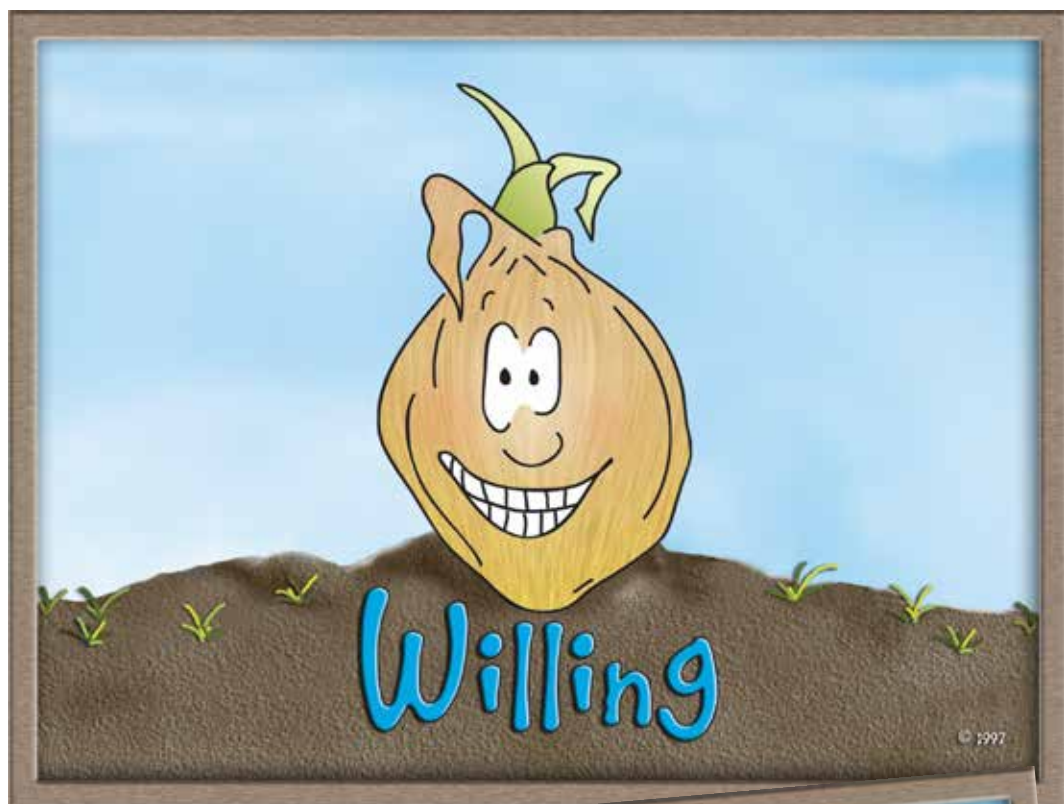
So I hid it where they would not find the spot.
I'd be disowned and have to live with Aunt Shallot.
The decision of hiding report cards, I don't recommend.

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.



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.

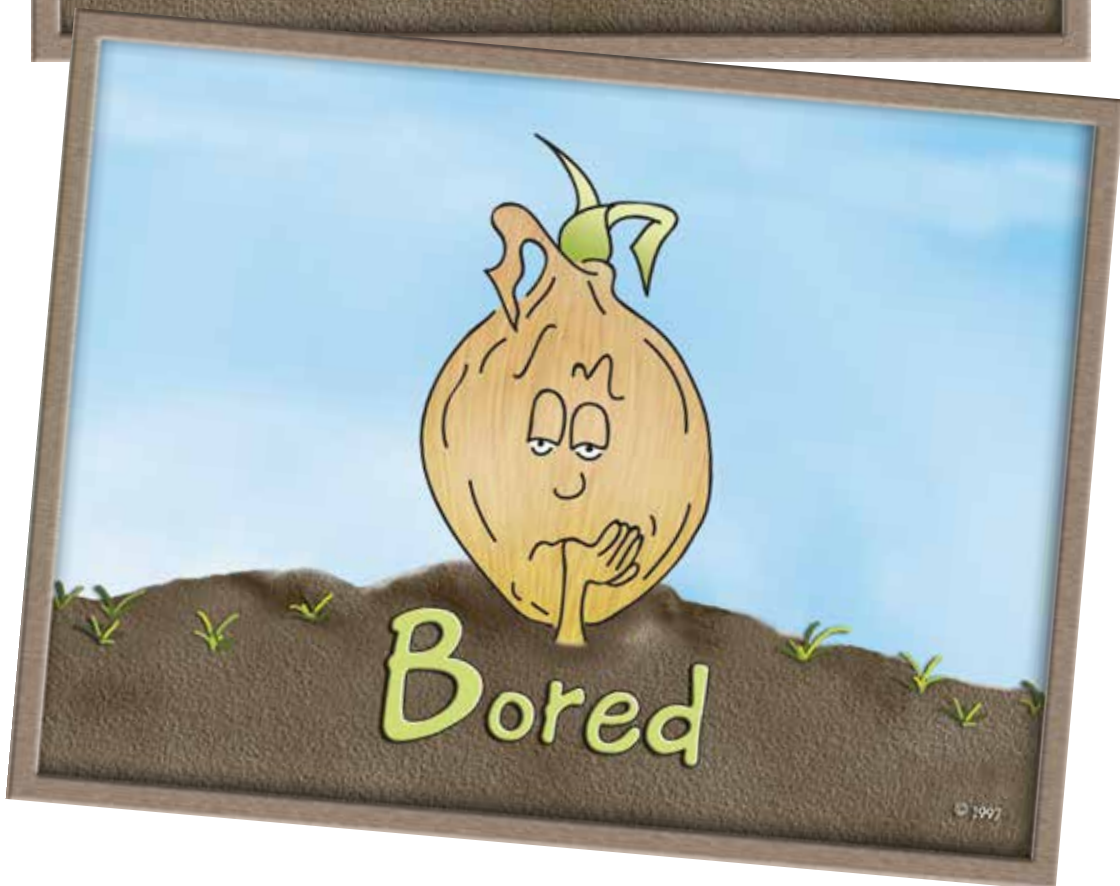
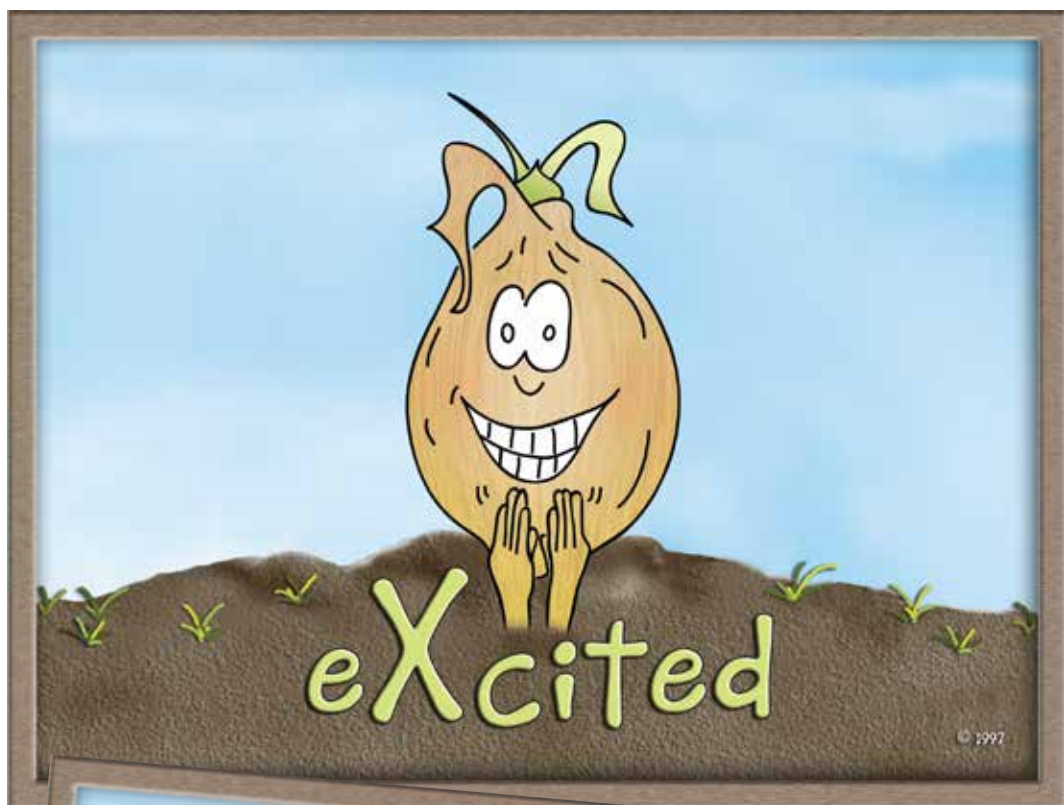
For the animal shelter, my Dad volunteered
They needed help with their building and he's an engineer.
He insisted I go, but I was mad and not energized.

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.



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.

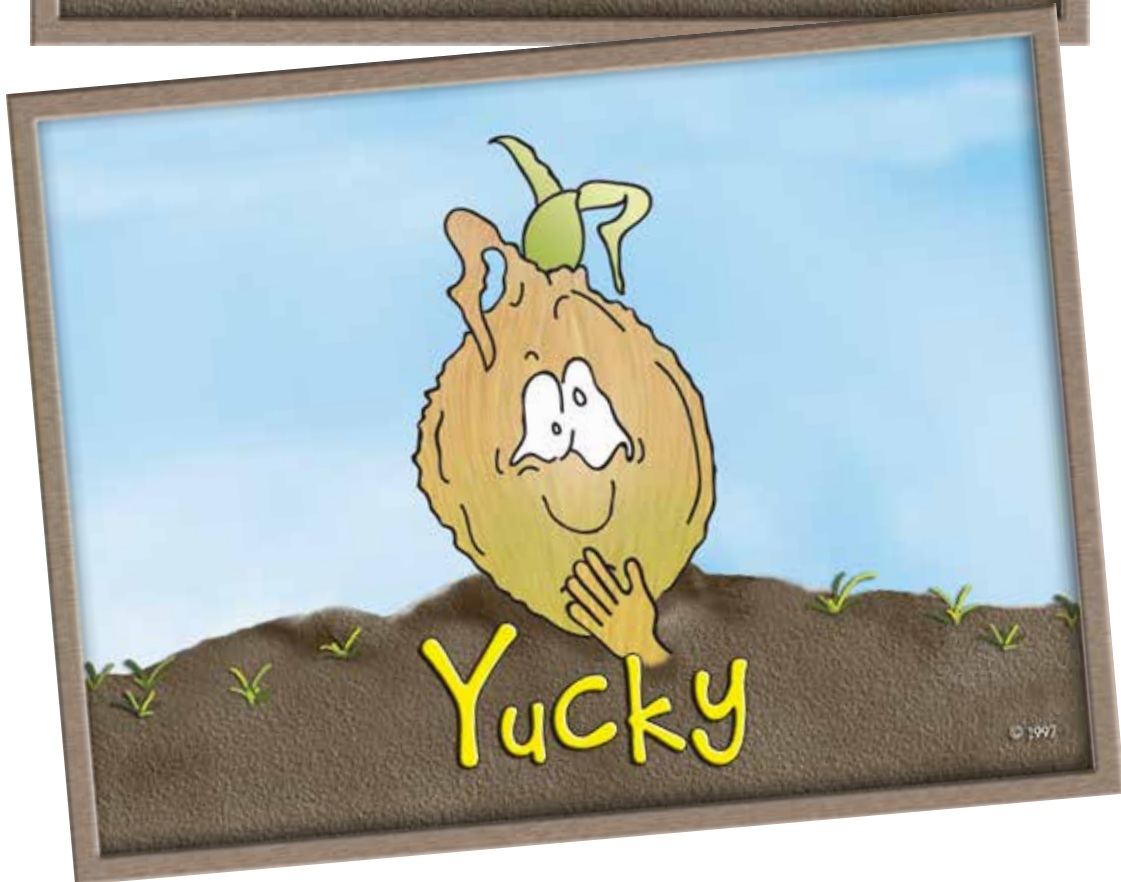
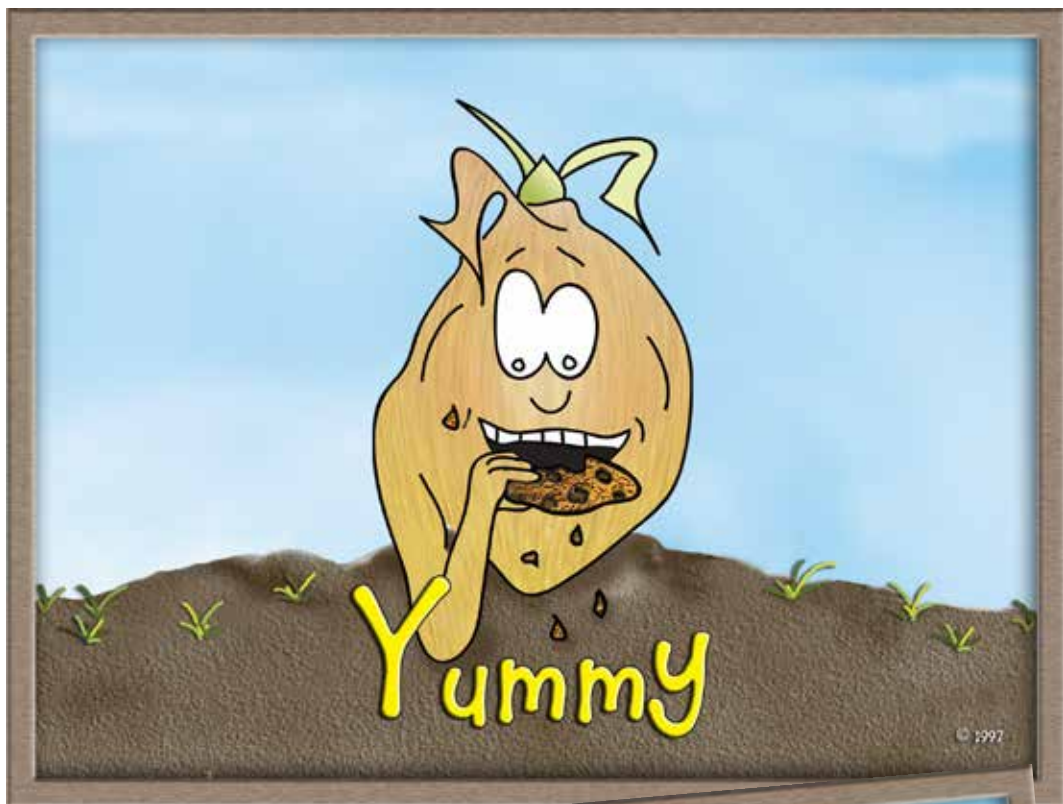
My Mom tried to play a word game with me;
I was already lost in the land of **boredom**, you see.
When I am **bored**, time moves so slowly or so it seems.

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.



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.

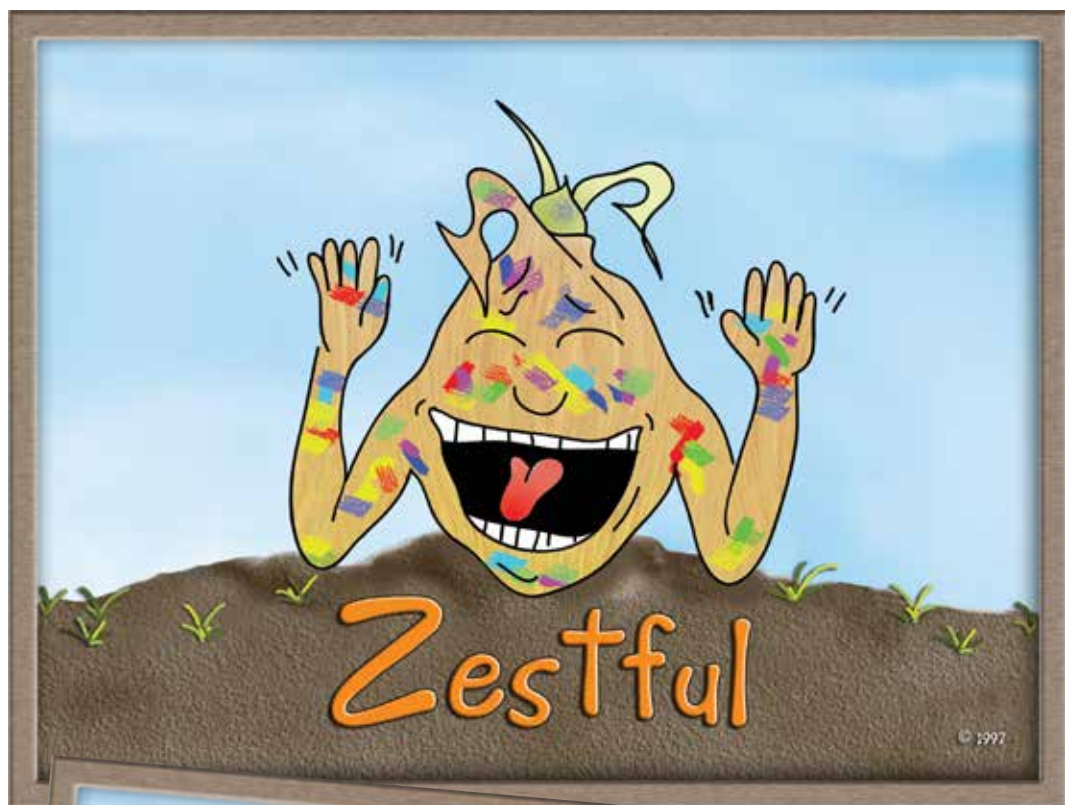
One day I cried, I felt so very sad
I could not sleep, I felt so **yucky** and bad.
I called my grandma to help me resolve this ordeal.

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.



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.

...The beginning

This informative dictionary of emotions with their stories makes it simple for you to know what to do with what you feel. Onionhead® teaches life's lessons by sharing his own funny, difficult, and meaningful experiences.

Ingredients

52 emotions with definitions consisting of:

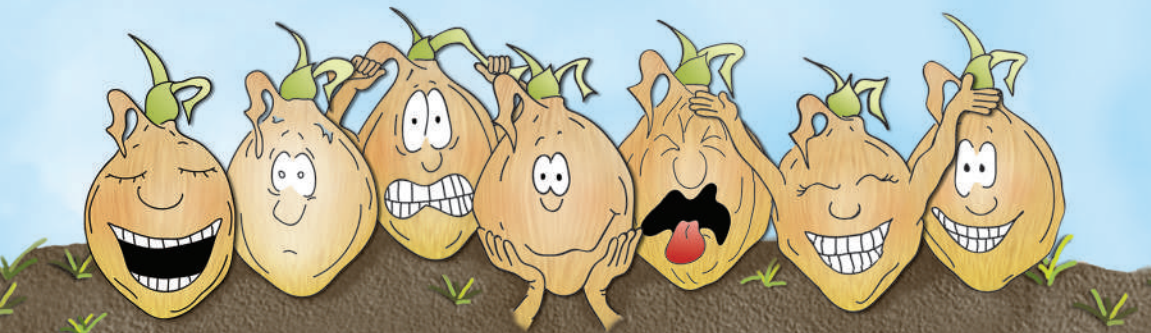
26 light emotions with their opposite

26 heavy emotions

and their

26 stories

Onionhead



www.onionhead.org

Dear Grownups,

Life is 1% how we make it and 99% how we take it. Hidden in our deepest feelings is our highest truth. The more we accept and honor ourselves, the more we discover the miracle of our authenticity. One should never be ashamed of how they feel. Every emotion is understandable. It is what we do with them that counts.

The first seven years of a child's life are the most important. Therefore, the more we empower children to embrace life in a positive and constructive way, the better chance they will have in reaching their full potential. No matter what our age, we must learn that choice, not chance, creates our destiny.

Onionhead provides a direct and easy way to deal with feelings intelligently. We must approach life from a place of wellness rather than a place of wounds. It is said that as we teach, we learn. Our hope is that our little onion will enhance your life the way he has continuously enhanced ours.

~ The **Onionhead** Family

List of Opposites

Accepted - Rejected

Brave - Scared

Calm - Frustrated

Determined - Doubtful

Energetic - Tired

Free - Burdened

Giving - Selfish

Happy - Sad

Inspired - Depressed

Joyful - Horrible

Kind - Mean

Love - Hate

Magical - Ashamed

Nice - Nasty

Outgoing - Lonely

Peaceful - Mad

Quiet - Loud

Relaxed - Stressed

Safe - Nervous

Thankful - Ungrateful

Understanding - Insensitive

Victorious - Disappointed

Willing - Stubborn

eXcited - Bored

Yummy - Yucky

Zestful - Jealous

The Four Step Program

Name it! Naming our feelings is a way of giving ourselves permission to have that emotion.

Claim it! Owning our feelings eliminates blaming and shaming. When you are expressing your emotions, always begin your sentences when “I feel” rather than “You are”.

Tame it! Stop and take a breath. Look for the solution to the problem. This gives you the time to respond, rather than react.

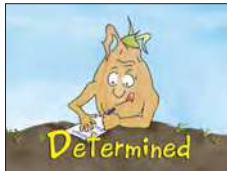
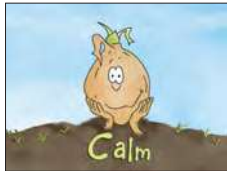
Aim it! When we aim to communicate constructively, we become pro-active in resolving conflicts peacefully. This leads to a more powerful and successful life.

The ABC Memory Feeling Game

1. Separate the positive and negative emotions.
2. In alphabetical order, distribute a positive card to each player.
3. The player with the first letter says: "I have the letter A. A is for Accepted". The player then makes the facial expression for that emotion.
4. Then the player with the next letter says: "A is for Accepted (making the facial expression of the other player's card). B is for Brave. This is what Brave looks like." The player then makes the facial expression for their own card. Each consecutive player must recall and express all the emotions that went before him/her as well as their own.
5. The game is over when all the letters and their matching emotions have been expressed.

Another variation: When finished with the positive emotions, set all the negative emotions on a surface. Have the players guess which is the opposite emotion to their card, remembering that the color of the letters will be the same.

Note: If the players are too young to memorize, keep the cards visible as they play.



Name it - Change it

1. Spread out all the cards, face up on the table.
2. The player picks the card that shows how he/she is feeling.
3. Ask the player to explain why he/she is feeling that way.
4. If the player wants to change the way he/she feels, have the player pick a card that shows how he/she would like to feel.
5. Have the player describe what can be done so he/she can feel that way.



Emotional Charades



Individual Version

One at a time, show each player a particular feeling card. Then ask him/her to move his/her face and body so that the other players can guess the feeling.

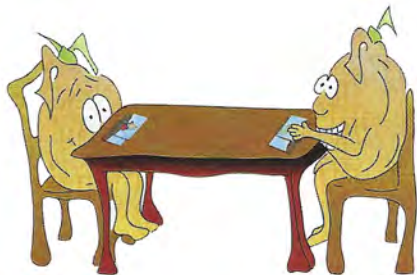


Team Version

Divide the group into two or more teams. Show each team one feeling card. Using their faces and bodies, have a team act out thier chosen feeling. The other team must guess the feeling.

Conflict Resolution

1. Divide the deck into positive and negative emotions.
2. Ask the player to think of a problem they are having with someone.
3. Have him/her pick a card from the negative pile describing their feelings in relationship to the conflict.
4. The have him/her pick a card from the positive pile using this feeling as a way to resolve the conflict.



Grow - A - Story

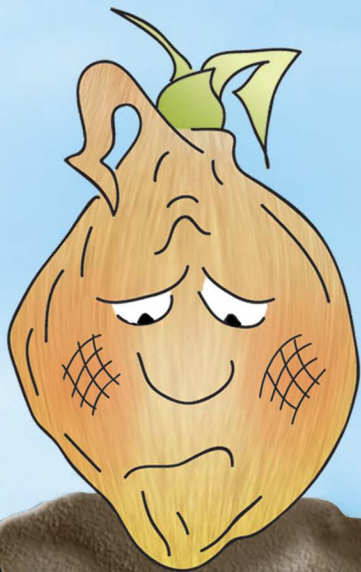
1. Sit in a circle and have each player pick a card.
2. Have the first player begin by building a story around the feeling he/she picked.
3. The second player continues the story with the feeling that he/she picked.
4. The game can continue until all the cards are picked or when all the players agree that this adventure is over.

P.S. If you want to act the stories out or record them, that's fun too!!

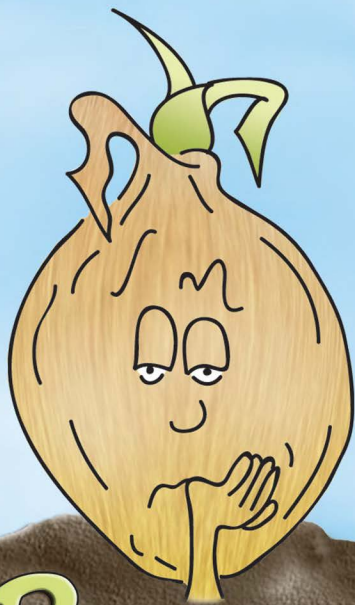




Accepted



Ashamed



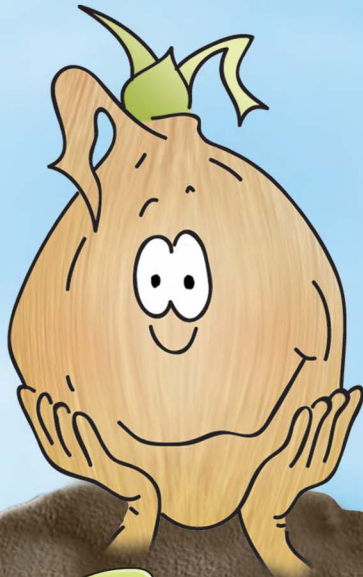
Bored



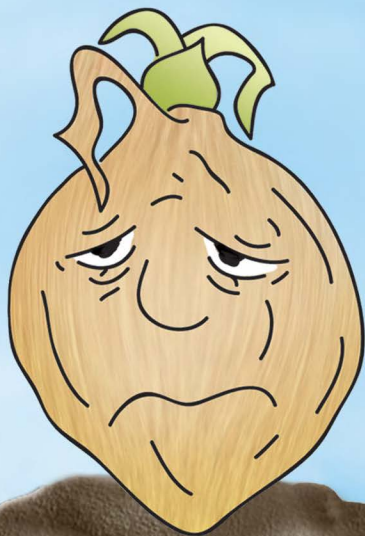
Brave



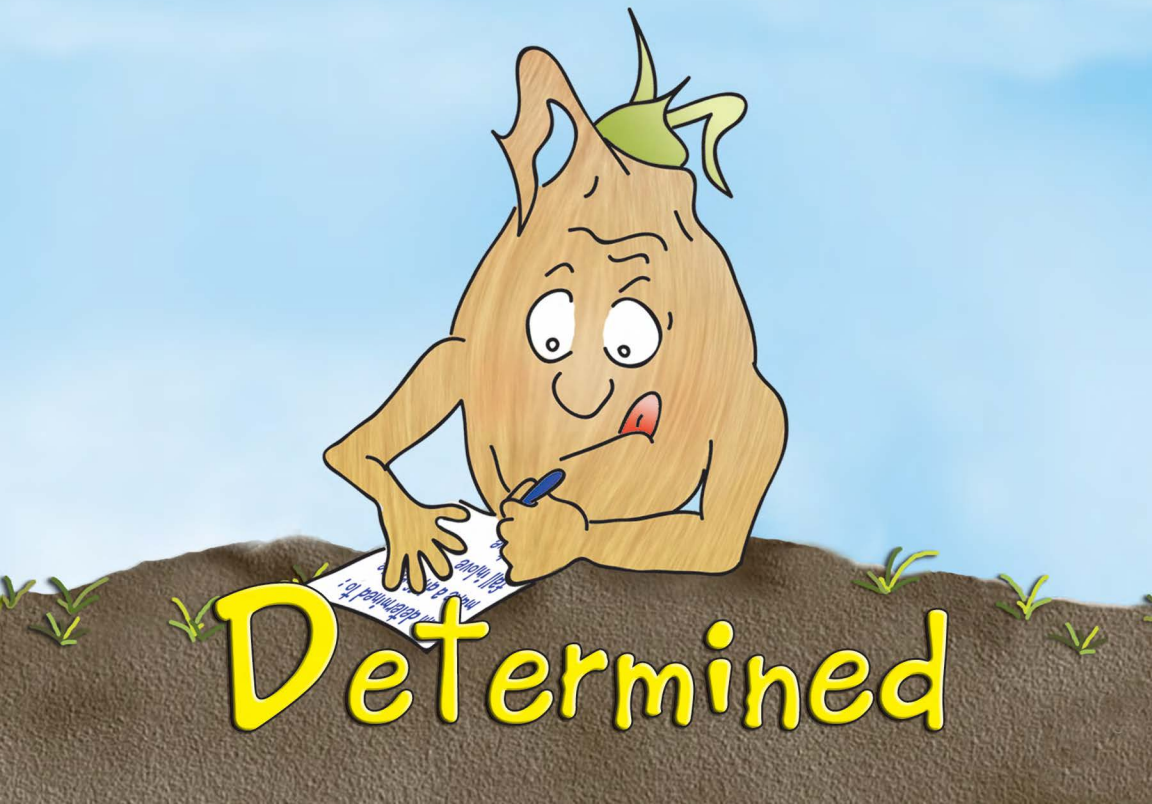
Burdened



Calm



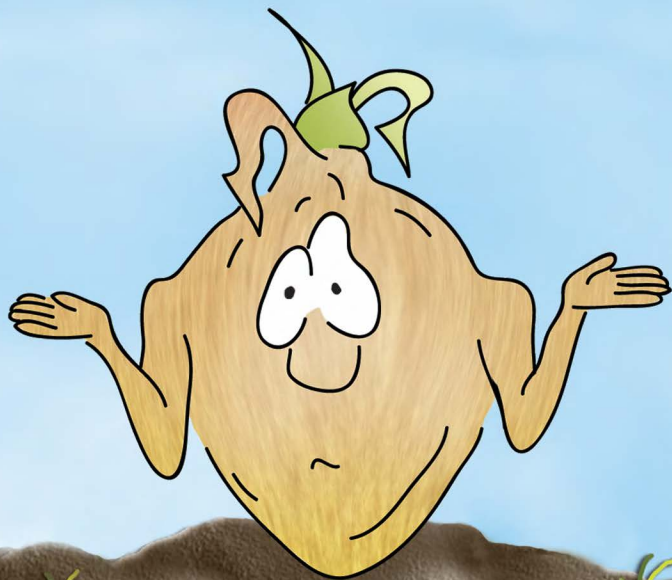
Depressed



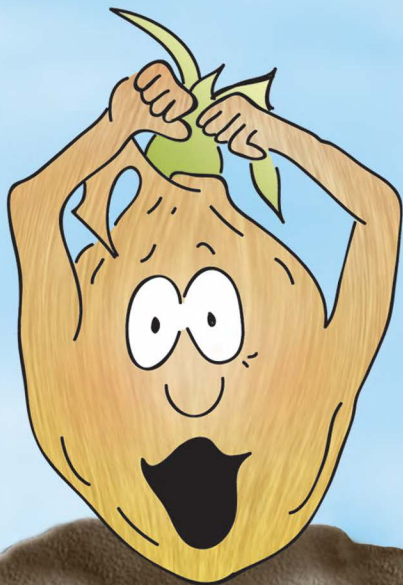
Determined



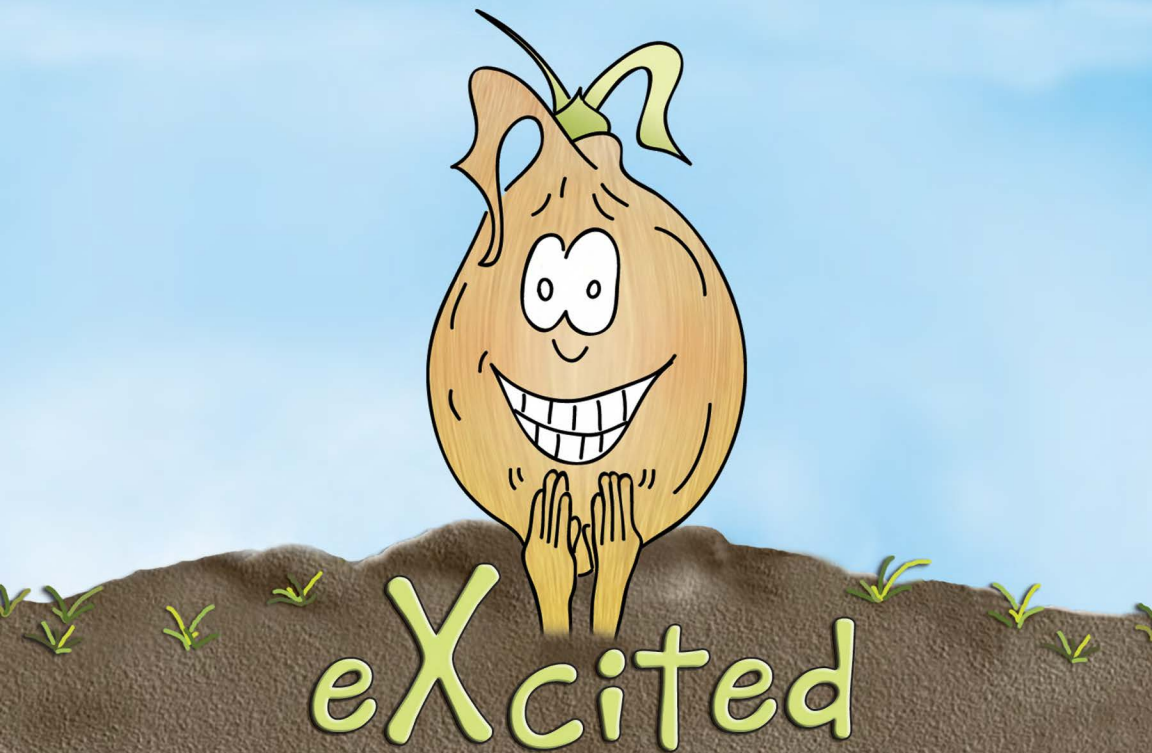
Disappointed



Doubtful

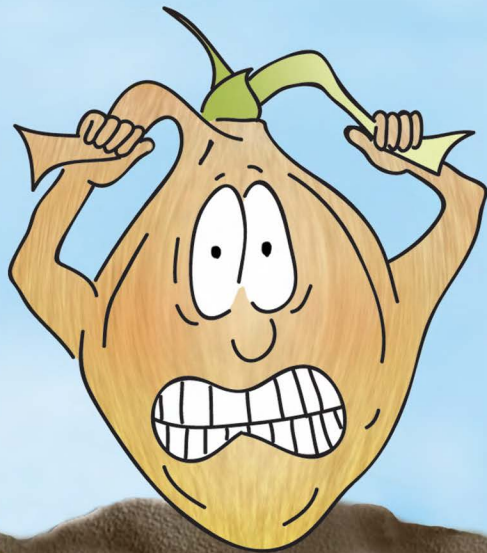


Energetic





Free



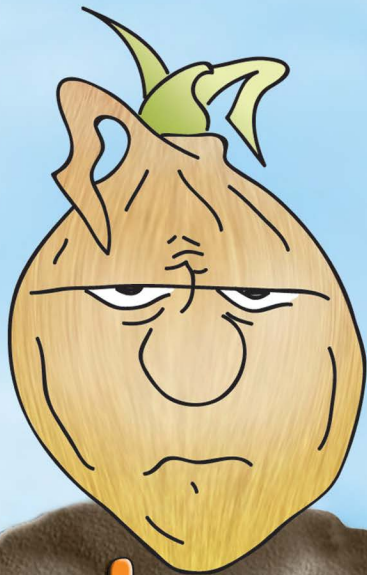
Frustrated



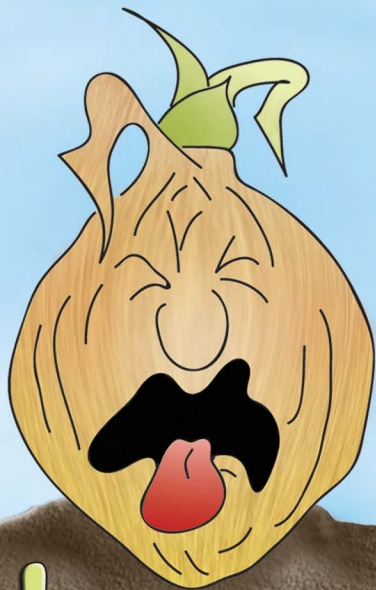
Giving



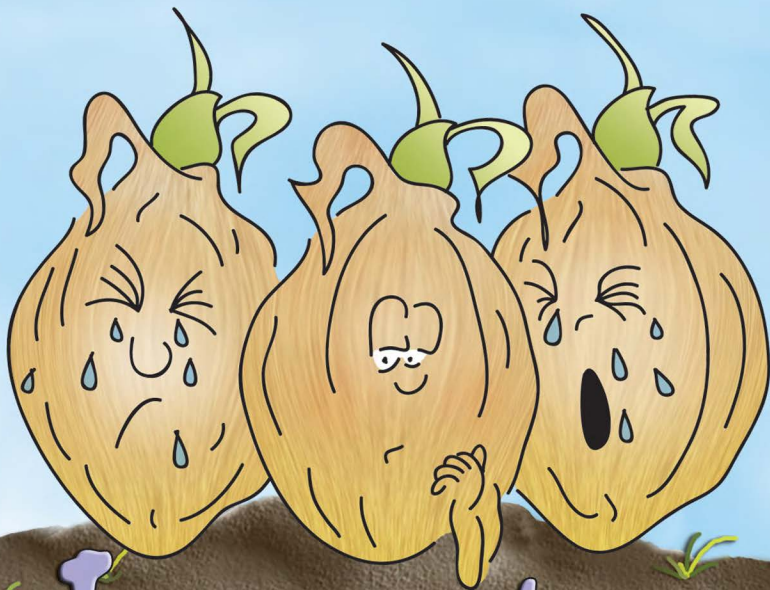
Happy



Hate



Horrible



Insensitive



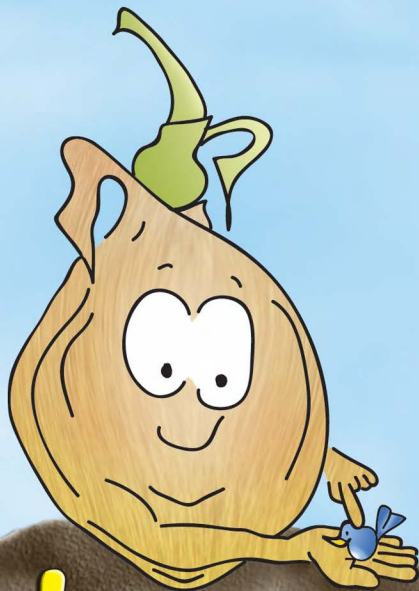
Inspired



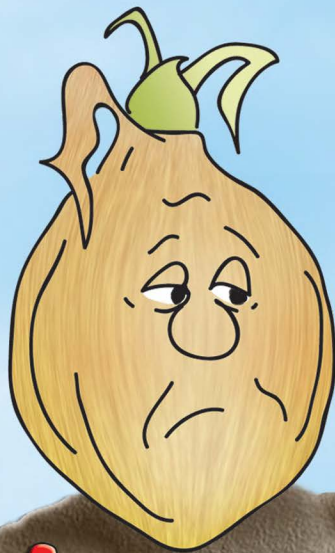
Jealous



Joyful



Kind

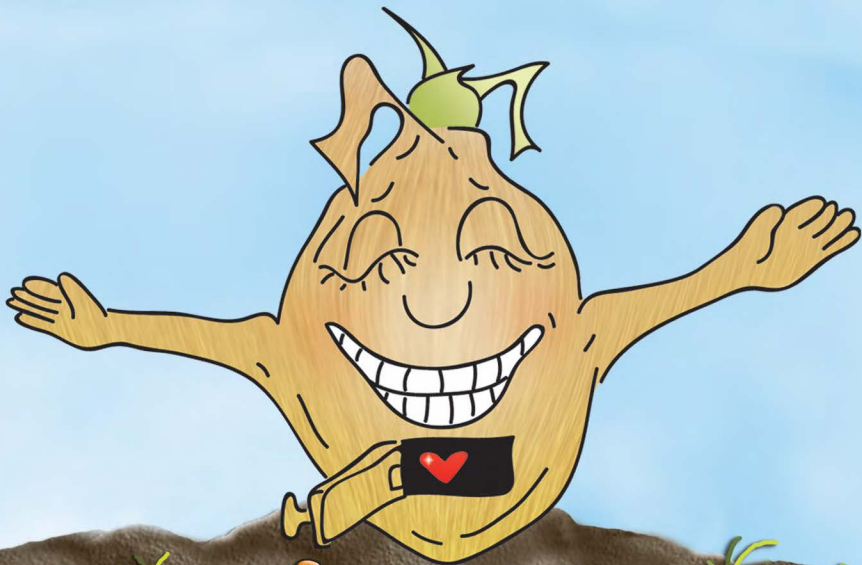


Lonely

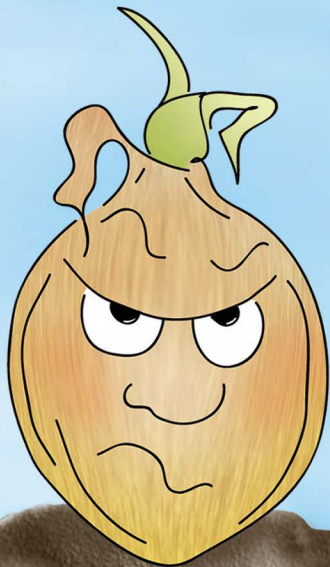
Ahhhhh!!



Loud



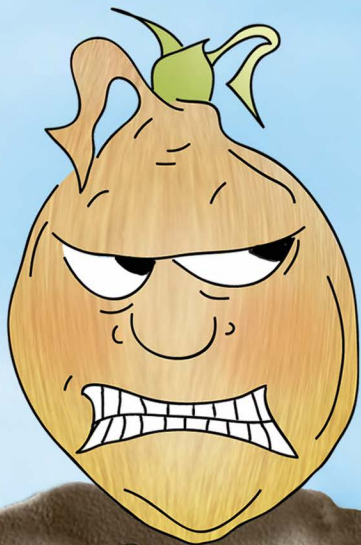
Love



Mad



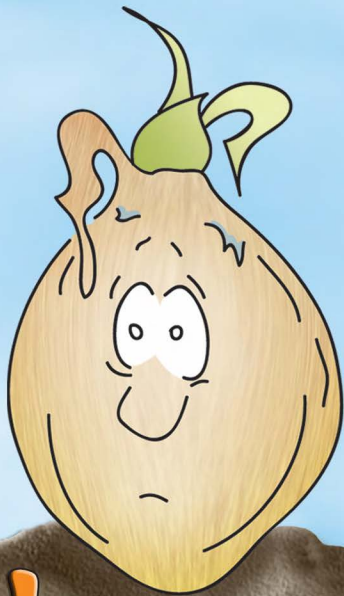
Magical



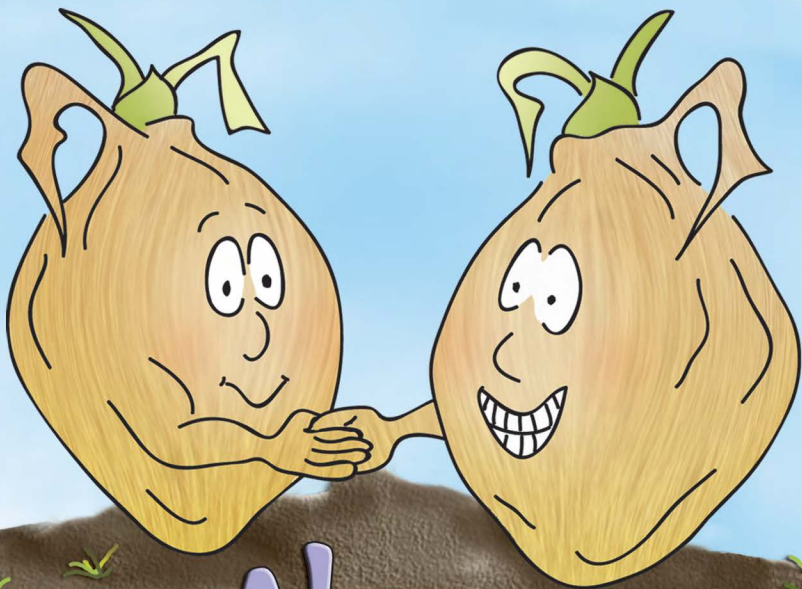
Mean



Nasty



Nervous



Nice



Outgoing



Peaceful





Rejected



Relaxed



Sad



Safe



Scared



Selfish



Stressed



Stubborn



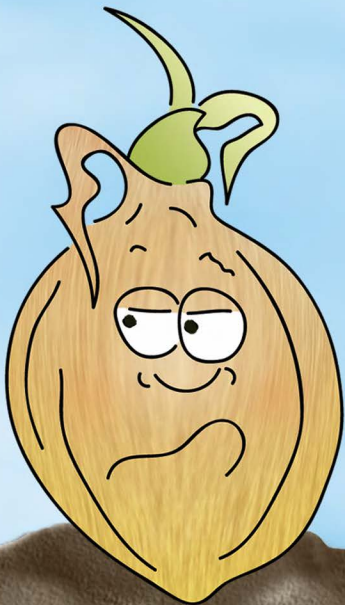
Thankful



Tired



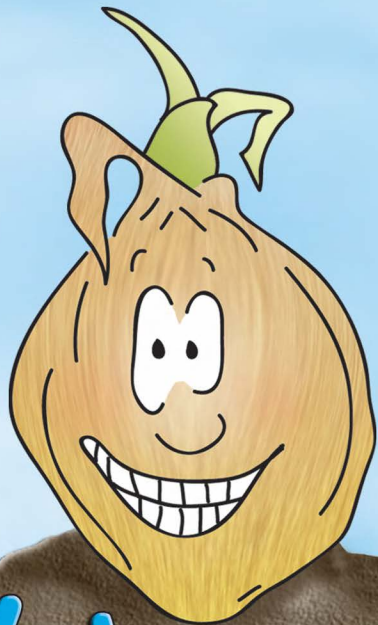
Understanding



Ungrateful



Victorious



Willing







Zestful