

For ages up to 10



# Onionhead



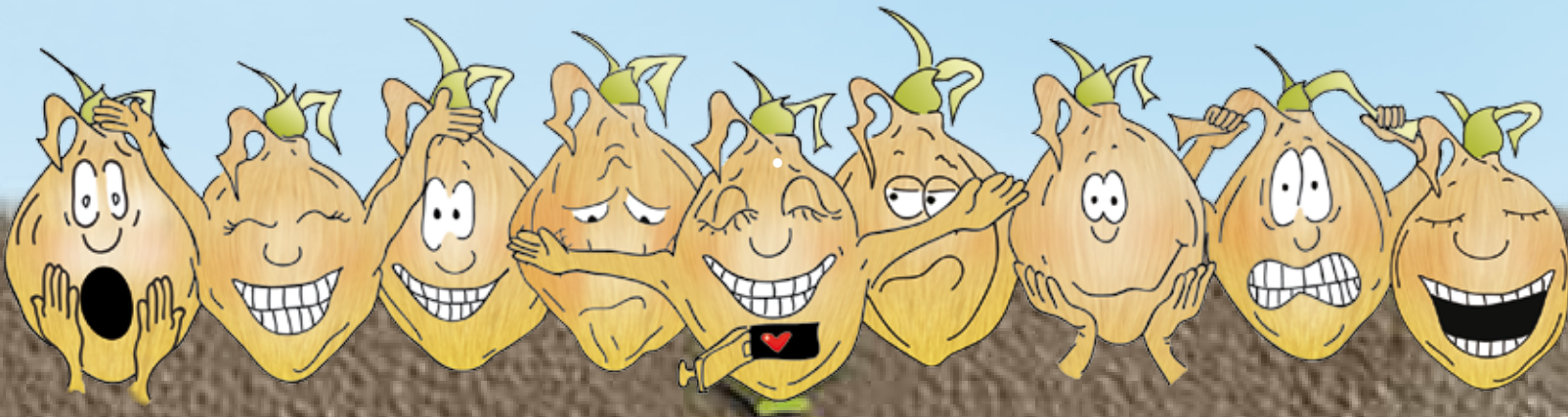
## The A-Z of Facing Feelings



### A Path to Self Love



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**.



# Binder includes:

A-Z 26 light feelings and their 26 opposite heavy feelings

A-Z 26 stories concerning each feeling

A-Z coloring page for each of the 26 paired feelings

A-Z Alphabet Display Board for each light feeling

5 questions for each of the 26 lessons



**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 beach goers 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



Aa

Aa

accepted

accepted

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