

APPLES AND ONIONS

It's okay not to be okay.



INTRODUCTION

It's not always possible for others to know how you feel unless you tell them. This activity offers a very simple way to share how you are feeling. When we share how we are feeling, it gives others an understanding of how you might need support.

Apples and onions are both good foods, but you wouldn't eat them the same way, just as you wouldn't handle a good day in the same way you would handle a harder day. This activity lets you know that other people are here for you if you need help. It also gives you permission to say, "It's okay not to be okay."

HOW IT WORKS

- For this exercise, apples represent good experiences or positive things that happened to you. Example: hearing from a loved one who called to check on how you are doing today.
- Onions represent bad experiences or negative things that happened to you. Example: struggling with a math problem you can't seem to solve.

You may want to start your morning at breakfast (or spend time during another meal) thinking about or discussing with a loved one an apple experience and an onion experience you had the day before. For example: "One thing that was really good about yesterday was this.... and one thing a little harder to deal with was this...."

It's also alright if you're not feeling up to sharing an apple or an onion the next day. It takes a lot of courage to share our experiences and the more we share, the more we may feel more comfortable.

Good luck!

Thrival Kits™ is a partnership between the Manitoba Advocate for Children and Youth and the Canadian Mental Health Association (Manitoba-Winnipeg). For more information, visit thrivalkits.ca.