

Jealousy

**Don't let the green-eyed monster
get the better of you!**



Aim

- To be able to recognise the emotions of jealousy and envy and how they might affect us.
- To use strategies to help us deal with feeling envious or jealous.

What is Jealousy?



Discuss It!

What do you think is happening in this picture?
How do you think each child is feeling?

What is Jealousy?



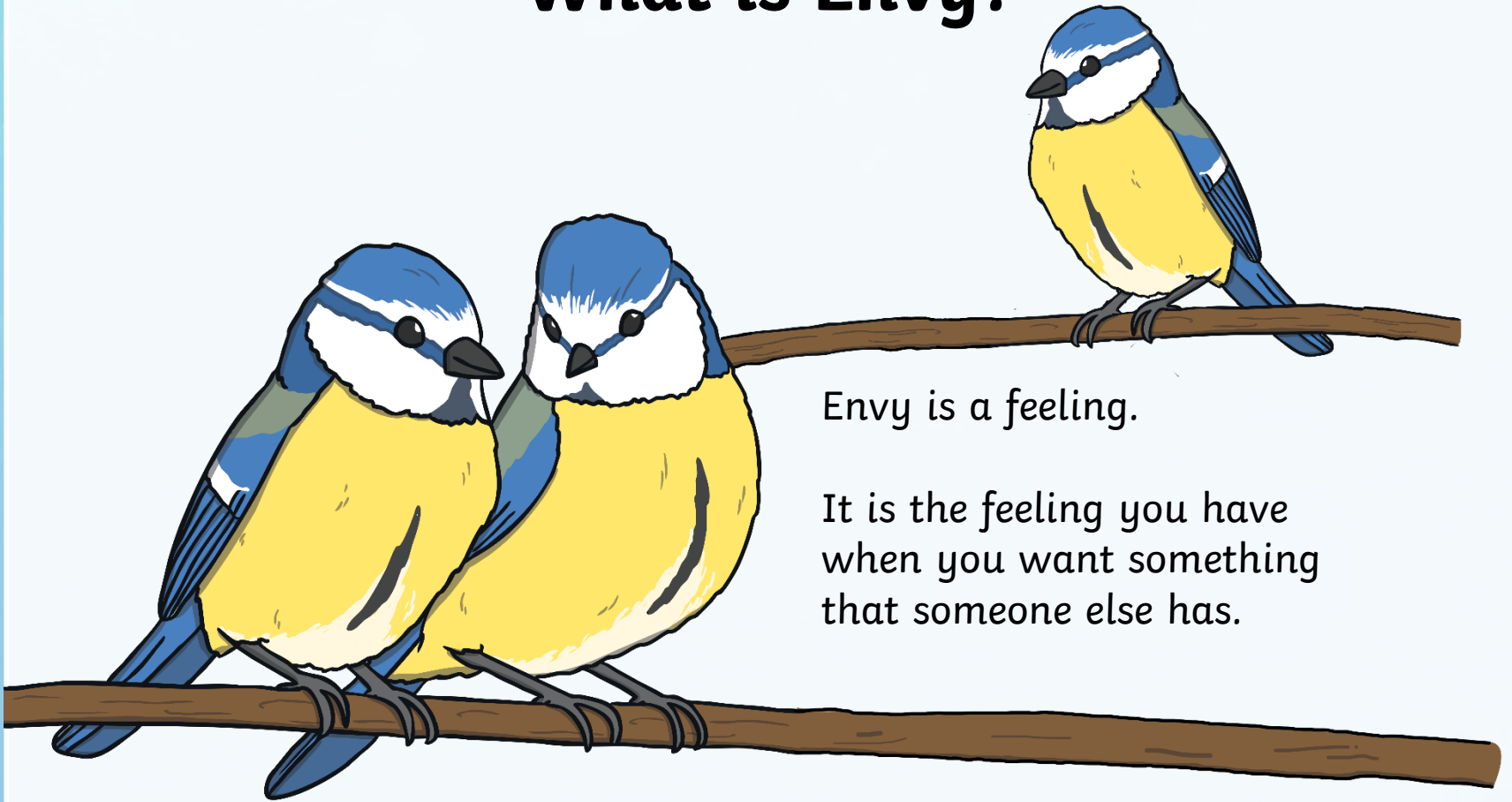
Jealousy is a feeling.

It is the feeling you have when you worry someone will take what you have.

It can feel like a knot in your stomach from feeling angry or worried.



What is Envy?



Envy is a feeling.

It is the feeling you have
when you want something
that someone else has.

The famous writer Shakespeare called jealousy the 'green-eyed monster'.



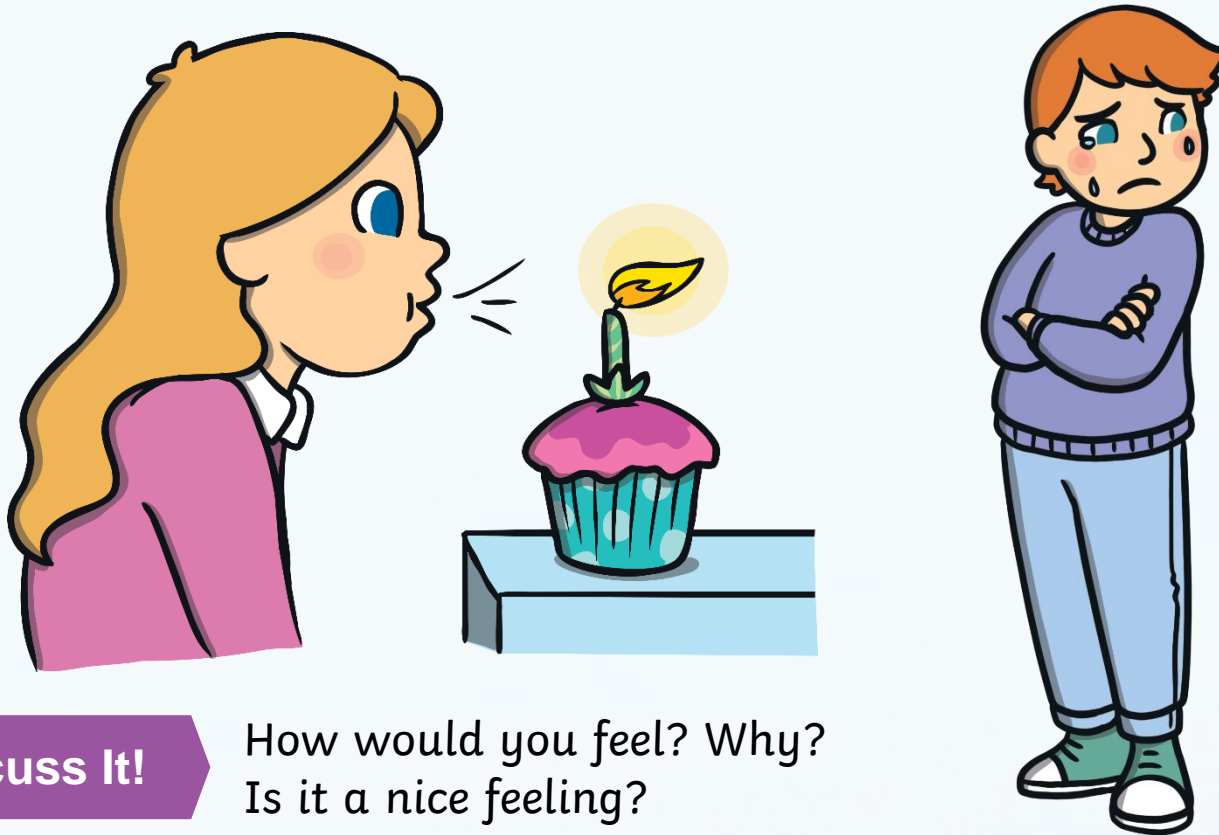
Discuss It!

Why do you think Shakespeare called jealousy the 'green-eyed monster'?

What happens when you are jealous? How does it feel?

How Would You Feel?

Your little sister is having a birthday party.
She is getting a lot of attention and presents.



Discuss It!

How would you feel? Why?
Is it a nice feeling?

How Would You Feel?

You want to play a game with a friend but they are already playing with another friend.



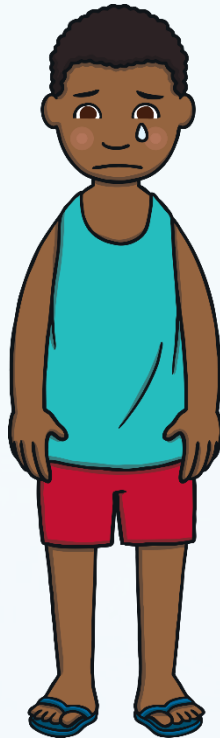
Discuss It!

How would you feel? Why?
Is it a nice feeling?



How Would You Feel?

Your friend beats you in all of the races at sports day.



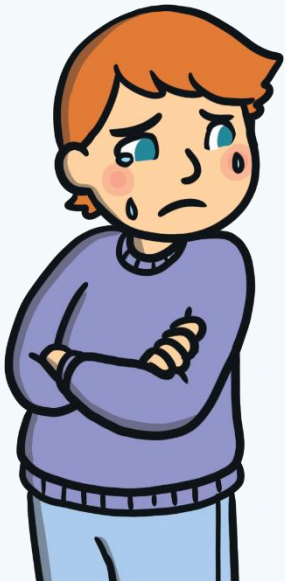
Discuss It!

How would you feel? Why?
Is it a nice feeling?



How Would You Feel?

A new baby is born into the family.
Mum and Dad spend time looking after the new baby.



Discuss It!

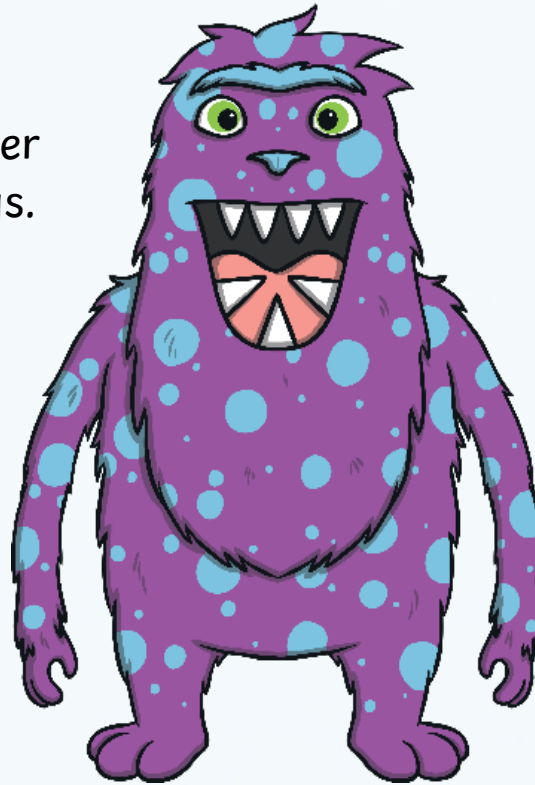
How would you feel? Why?
Is it a nice feeling?



Don't let the green-eyed monster get you?

Jealousy can make it hard to understand other people and their feelings.

Jealousy can make you distracted.



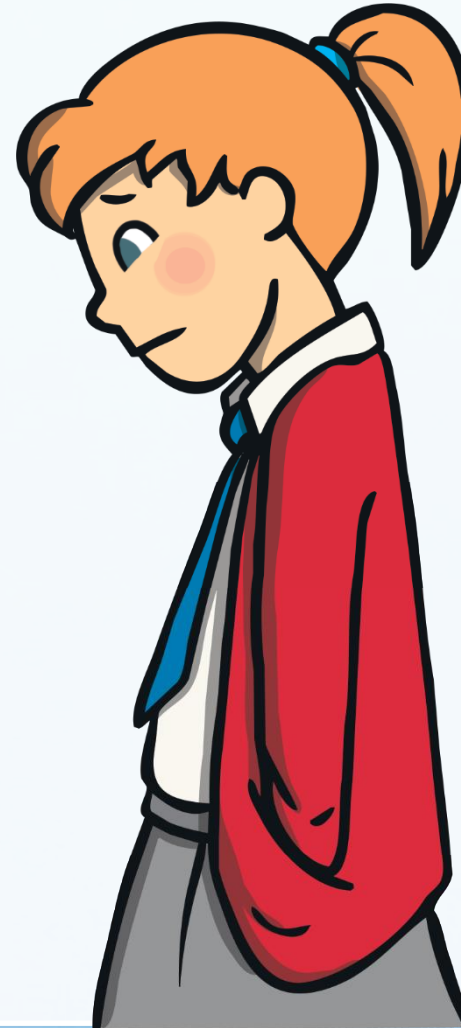
Jealousy weighs you down.

Jealousy can make you unhappy.

What Can You Do?

1. Notice

Notice that you
are feeling jealous.
Think about what is making
you jealous and why.



What Can You Do?

2. Talk

Talk to someone about how you are feeling.

I feel...



What Can You Do?

3. Listen

Listen to the other person
and be happy for them.
Say sorry if you have upset
anyone by feeling jealous.



What Can You Do?

4. Think

Think about how you handled feeling jealous.
Think about how you could react differently.
Think about what you will do next time you feel jealous.



We can defeat the green-eyed monster by being happy when something good happens to others.



Discuss It!

What do you have to be thankful for?

Aim



- To assess my own and others' writing, suggest improvements and change things to make my writing better.

