



Yesterday, my best friend got a shiny new bike. When I saw it, I felt a strange, heavy feeling inside me. I was jealous



Jealousy is a feeling we have when we want something that someone else has



Sometimes, jealousy happens when I feel left out, like when my friend invites someone else to play without me



Jealousy can also happen when I think someone else is getting more attention, like when my little brother gets a new toy



When I feel jealous, my body might feel tight, my face might feel warm, and I might feel like crossing my arms or looking away



Jealousy is a normal feeling. Everyone feels jealous sometimes, even grown-ups



Jealousy tells me that I want something or feel left out. It's my brain's way of noticing what matters to me



When I understand jealousy, I can think about why I feel this way



Sometimes, I realize that just because my friend has something new, it doesn't mean I have less. We can both enjoy what we have



Jealousy can remind me to appreciate the things I already have, like my favorite toy or the time I spend with my family



Talking to someone about how I feel, like a parent or teacher, can help me understand my jealousy better



When I understand jealousy, I can use it to think about what I want and how I can work toward it



Jealousy is just one of many feelings, like happiness or sadness. It comes and goes



I've learned that jealousy can teach me about myself and help me grow



Vocabulary

- Jealousy

A: A feeling when we want something someone else has

B: A feeling when we're happy with what we have

- Attention

A: Something you don't notice

B: Time and care someone gives to you

- Appreciate

A: To ignore what you have

B: To be thankful for something

- Left Out

A: Feeling like you are not included

B: Being part of everything

- Feelings

A: Emotions like happiness, sadness, or jealousy

B: Things you can touch with your hands



Spellings

A: Jealous

B: Jelous

A: Inwites

B: Invites

A: Brother

B: Brodher

A: Realize

B: Reelize

A: Apreciate

B: Appreciate

A: Favorite

B: Favoryt

A: Happiness

B: Happyness

A: Sadnes

B: Sadness



Comprehension

- What made the child feel jealous in the story?
A: Their friend got a new bike
B: They went to the park

- What does jealousy tell us?
A: That we are very happy
B: That we want something or feel left out

- What can help when we feel jealous?
A: Talking to someone about how we feel
B: Ignoring the feeling

- What did the child learn about jealousy?
A: It's something to hide
B: It's a normal feeling that can teach us about ourselves

- What can jealousy remind us to do?
A: Appreciate the things we already have
B: Stop sharing with others



Open-Ended Questions

- What makes you feel jealous sometimes?

- Who can you talk to when you feel jealous?

- What helps you feel better when you feel left out?

- Can you think of something you're thankful for today?



Creative Activity

- **Draw a Thankful Heart**

Ask the child to draw or write things they are thankful for inside a heart shape

- **Design a Sharing Star**

Help the child create a star with ideas of how they can share or take turns with friends



Role-Play Activity

- **Scenario 1**

Pretend the child's sibling gets a new toy. Practice talking about their feelings and finding something fun to do together

- **Scenario 2**

Act out feeling left out during a game. Practice asking, "Can I join you?" or talking to a trusted adult

- **Scenario 3**

Pretend a friend gets a special prize. Practice thinking of something the child has that they love