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**Last week, my classmate won a prize at school. Everyone clapped for them, and I felt left out. I was jealous**



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**Jealousy is a feeling I get when I wish I had what someone else has or feel like I'm not included**



Sometimes, jealousy happens when someone else is praised, like when my sister gets told, 'Good job,' and I don't



When I feel jealous, my tummy feels tight, and my face might get hot. I might feel like crossing my arms or looking away



**It's okay to feel jealous.  
Everyone feels this way  
sometimes, even grown-ups**



**When I feel jealous, I can take  
a deep breath to help my body  
feel calmer and think clearly**



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**Talking to someone I trust, like Mom or Dad, helps me feel better. They listen to my feelings and understand**



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**I can remind myself that someone else getting a prize doesn't mean I'm not good too. We all have different talents**



**Sometimes, doing something fun I enjoy, like playing with my toys or reading a book, helps me feel less jealous**



**When I feel jealous, I can also think about something I've done well, like the time I finished a big puzzle all by myself**



**Jealousy doesn't mean I'm bad or wrong. It's just a feeling that will go away when I calm down and focus on myself**



**Talking about my feelings and staying calm helps the jealous feeling pass**



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**Now, when I feel jealous, I know I can breathe, talk to someone, and focus on the things I love**



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**I learned that jealousy is just one of many feelings, and I know how to handle it**



**When I feel jealous, I can remind myself that everyone has something special about them—including me!**



# Vocabulary

- Jealousy

A: A feeling when we want something someone else has

B: A feeling when we're excited and happy

- Talents

A: Things we are good at doing

B: Things we can't do

- Focus

A: Ignoring what's important

B: Paying attention to something

- Calm

A: Feeling upset and loud

B: Feeling peaceful and relaxed

- Special

A: Something unique or important

B: Something very common



# Spellings

A: Clasmate

B: Classmate

A: Prise

B: Prize

A: Better

B: Bettar

A: Understand

B: Undarstand

A: Different

B: Difrent

A: Fokus

B: Focus

A: Talant

B: Talent

A: Special

B: Spacial



## Comprehension

- What made the child in the story feel jealous?

A: Their classmate won a prize

B: They went outside to play

- What does jealousy feel like in the body?

A: Feeling sleepy and relaxed

B: A tight tummy and feeling warm

- What helps the child feel less jealous?

A: Taking a deep breath and talking to someone

B: Staying upset and frowning

- What can the child think about to feel better?

A: What other people have

B: Things they are good at and enjoy

- What did the child learn about jealousy?

A: It's okay to feel jealous, and it goes away when they stay calm

B: It means they can't do anything well



## 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?

- What is something you are good at and proud of?



## Creative Activity

- **Create a "Proud Poster"**

Ask the child to draw or write about things they are proud of, like skills, talents, or fun memories

- **Design a Calm Card**

Help the child make a small card with reminders like "Take a deep breath," "Talk to someone," or "Think about what I love"



## Role-Play Activity

- **Scenario 1**

Pretend a classmate wins a prize. Practice talking about feelings and finding something they're proud of

- **Scenario 2**

Act out a situation where the child's sibling gets a new toy. Practice taking a deep breath and talking to a parent

- **Scenario 3**

Pretend someone else gets praised. Practice focusing on personal talents and what they enjoy