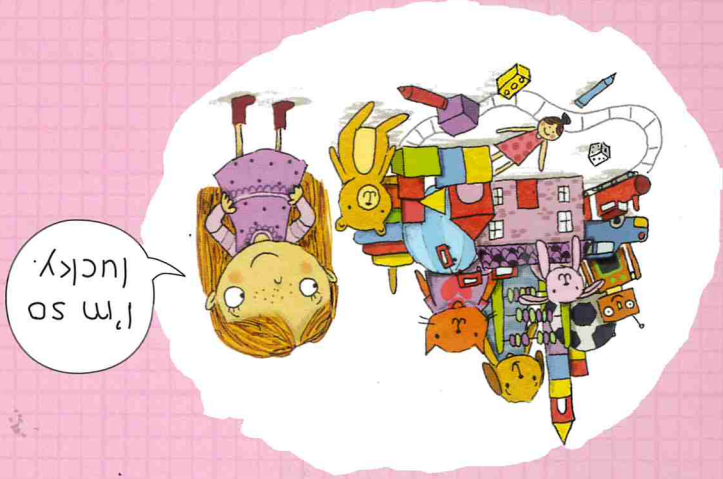


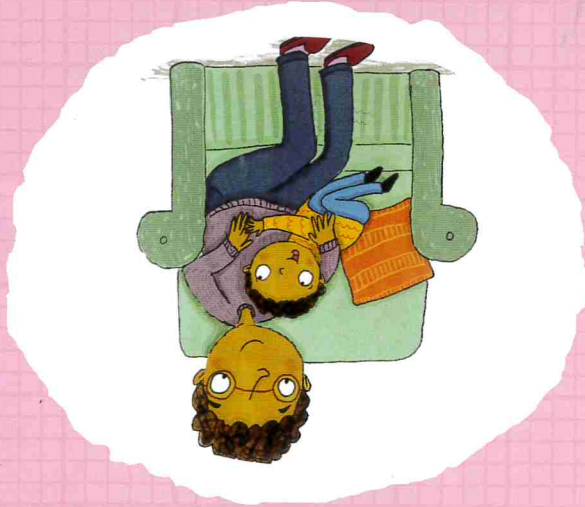
When you feel jealous or envious, you could...



Go to your room and look at all the wonderful things you have.



Practise giving other people praise and compliments when they do things well.



Find someone you love being with and ask them to say something nice to you.



Smile for exactly one minute.

Try to enjoy and celebrate when other people succeed.



Think of yourself as lucky - there are always people worse off than you.



A feast all for me.

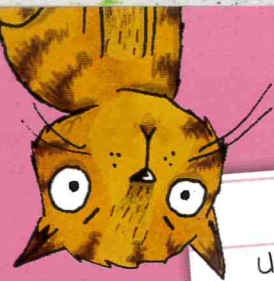
Feeling jealous or envious happens when we want what someone else has or we feel someone wants to be with another person more than they want to be with us.



Say 'well done' or 'you people do well.'



Imagine yourself as

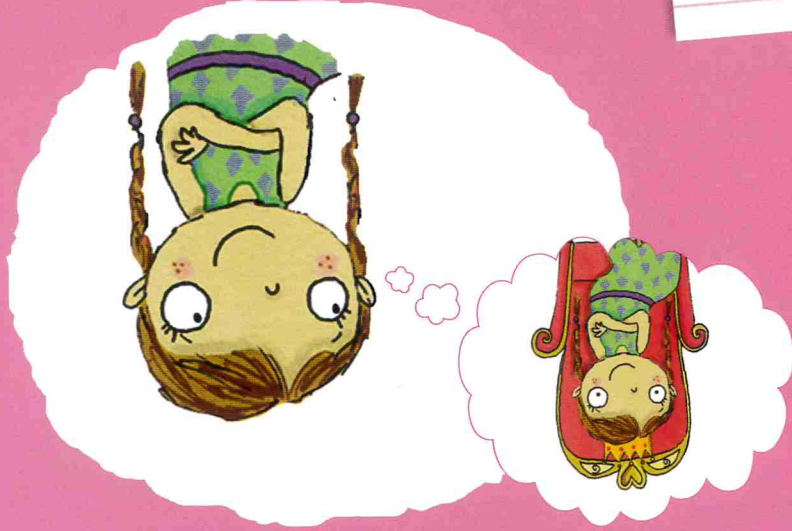


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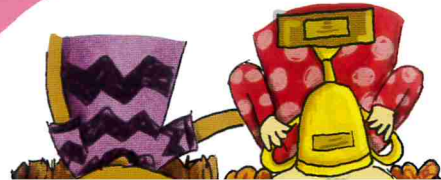


A feast
all for
me.

Imagine yourself as a rich king or queen.



Feeling jealous or envious happens when we want what someone else has or we feel someone wants to be with another person more than they want to be with us.



You!

