

# 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?



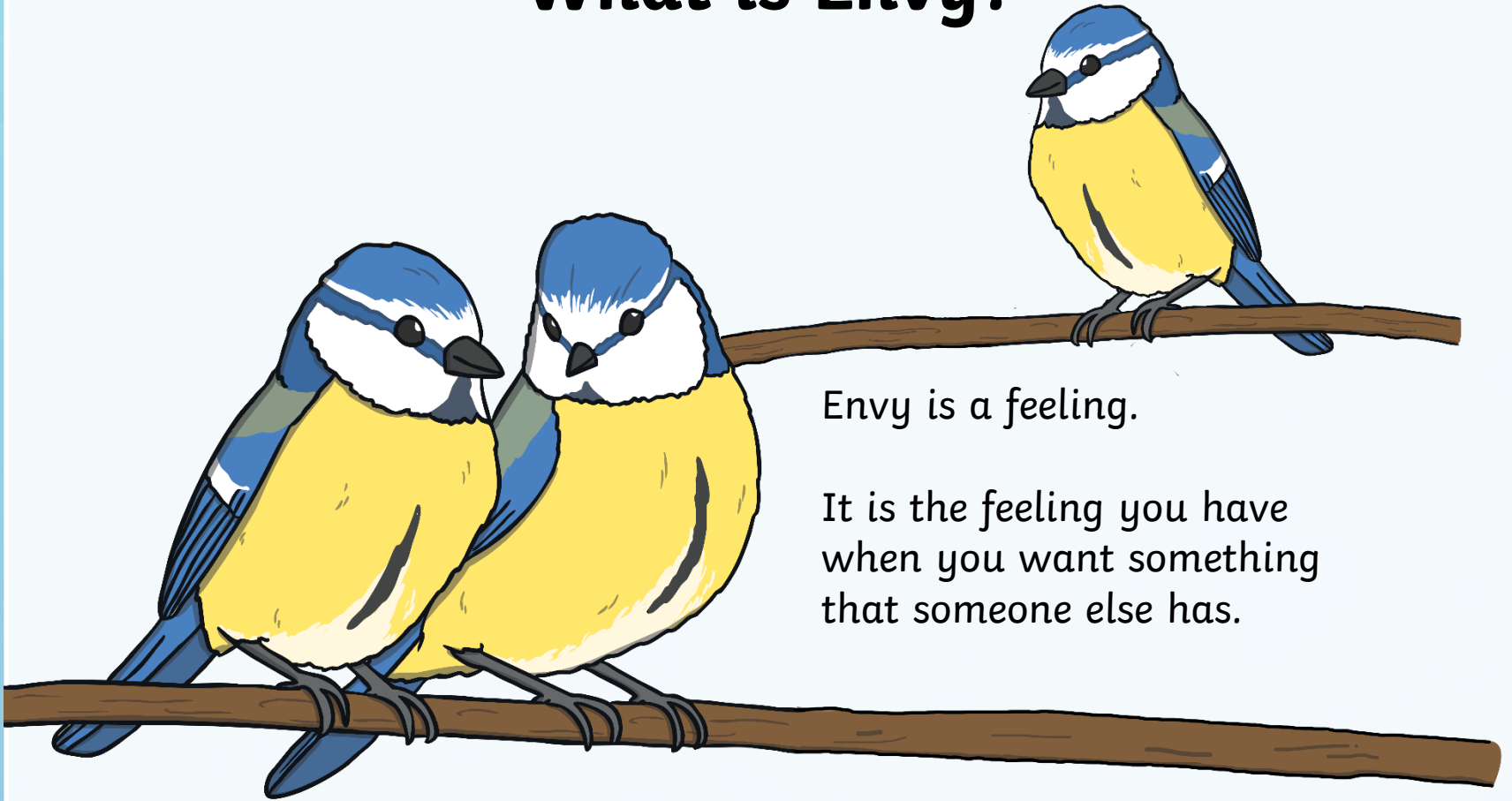
Jealousy is a feeling.

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'.**



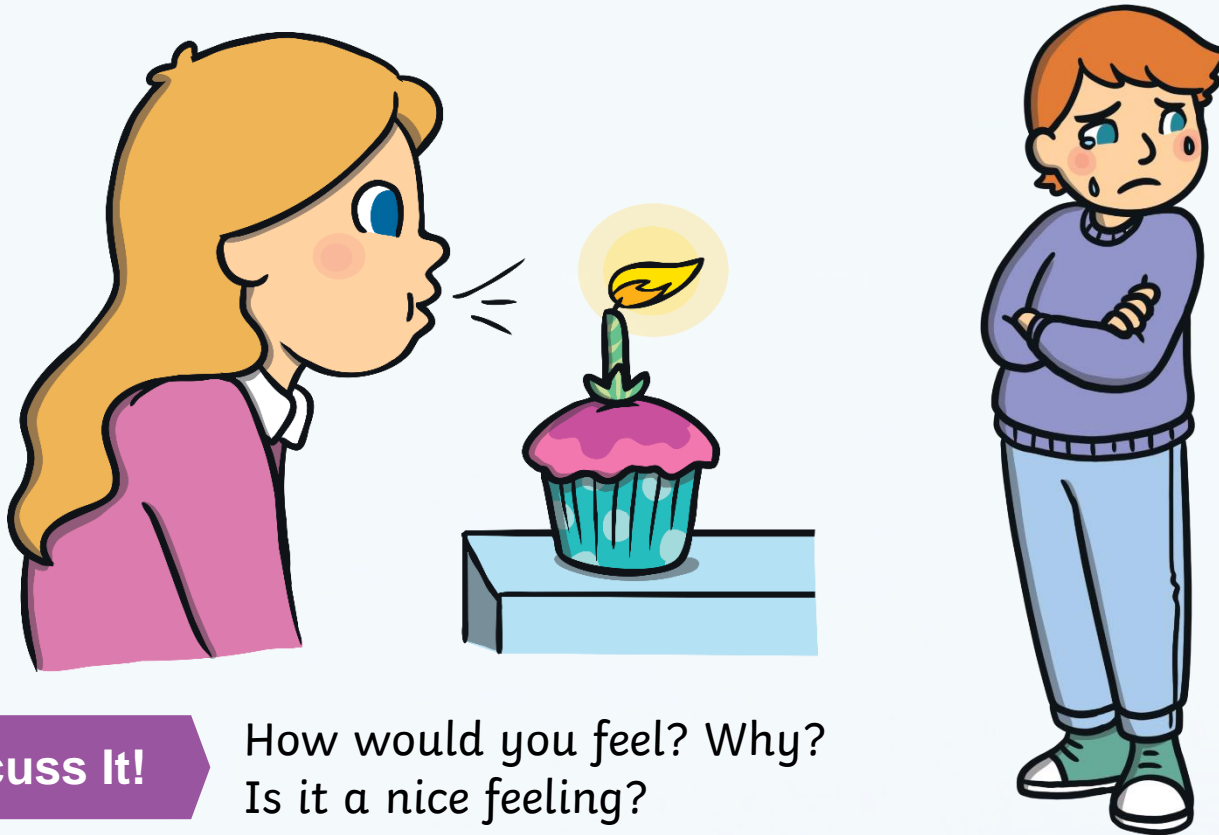
**Discuss It!**

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!**

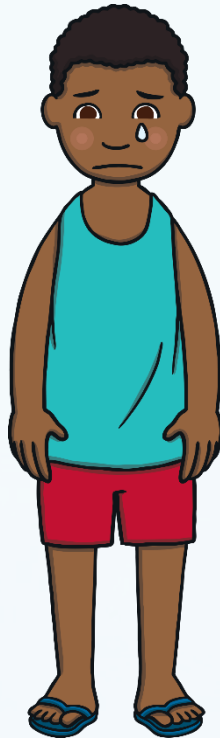
How would you feel? Why?  
Is it a nice feeling?





# How Would You Feel?

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



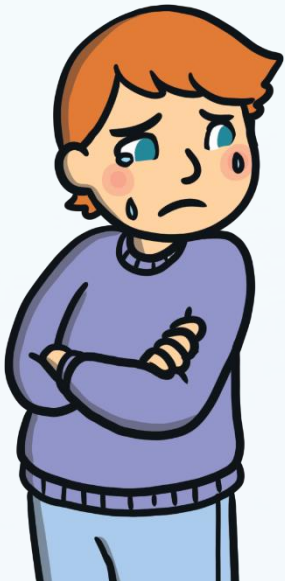
**Discuss It!**

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!**

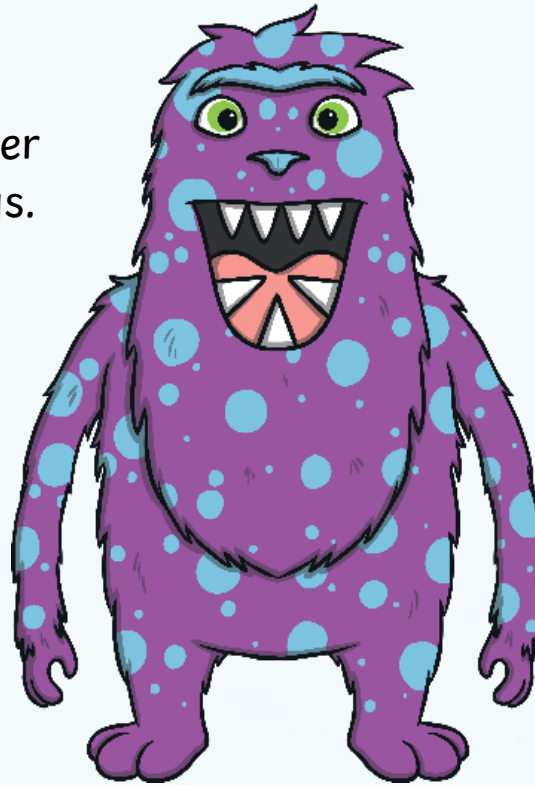
How would you feel? Why?  
Is it a nice feeling?



# 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.



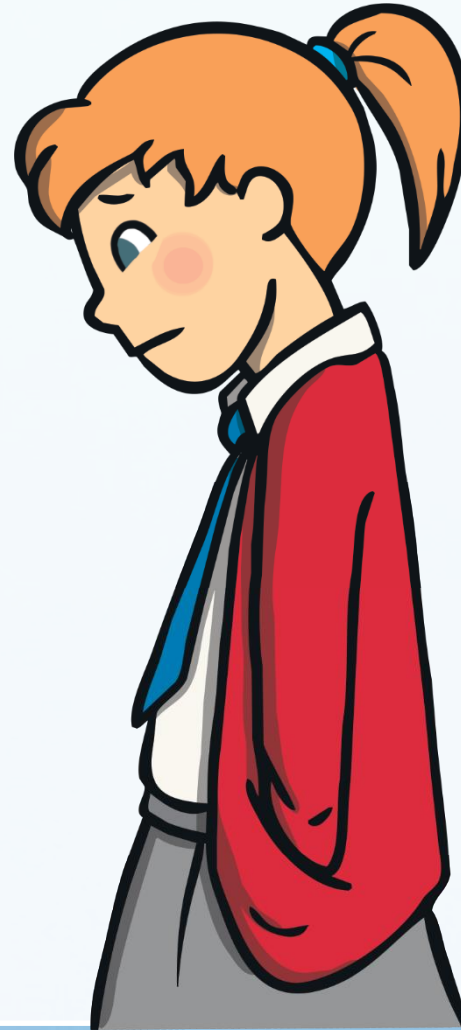
Jealousy weighs you down.

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.





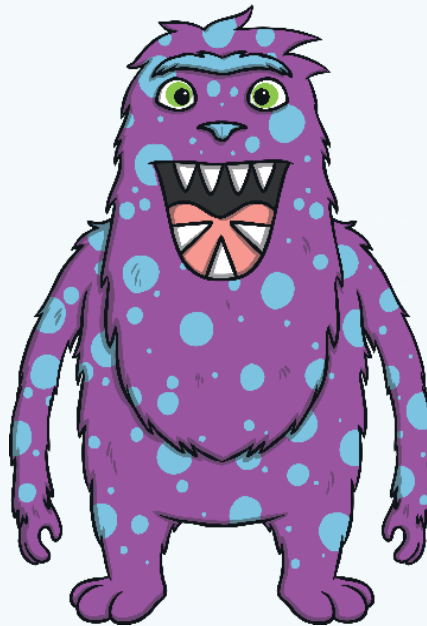
# What Can You Do?

## 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.

