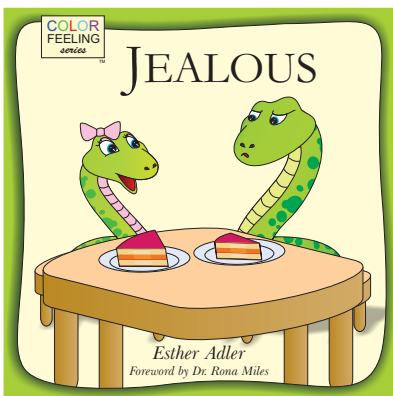


This is how I look when I feel jealous:

Glue or tape a picture
of how you look when
you feel jealous.



Worksheets are from the book
Jealous: Helping Children Cope with Jealousy
by Esther Adler

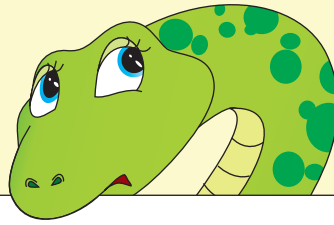
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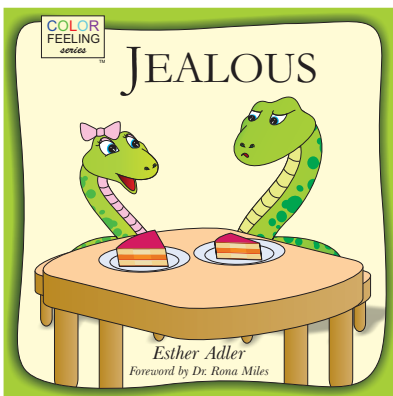
What makes you feel jealous?

1. _____

2. _____

3. _____

4. _____



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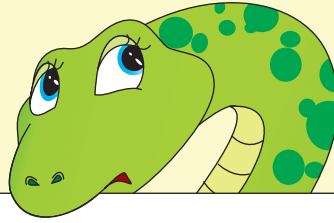
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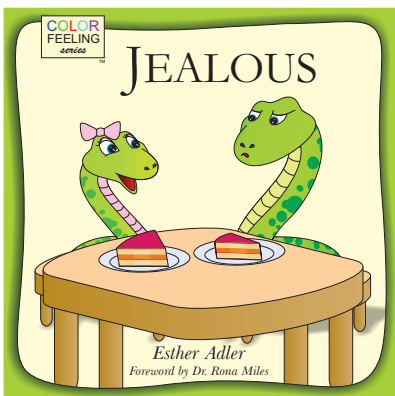
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Write a story about a time when you felt jealous.



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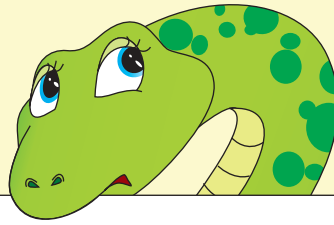
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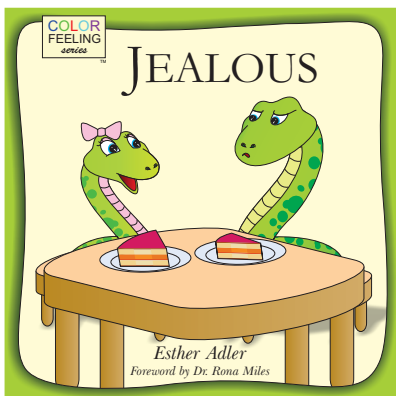
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Draw a picture of a time when you felt jealous.



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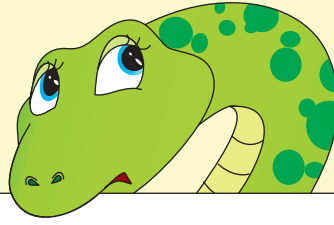
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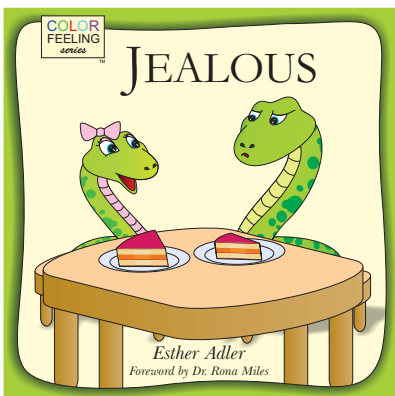
What can you do to help a person who is jealous feel less jealous?

1. _____

2. _____

3. _____

4. _____



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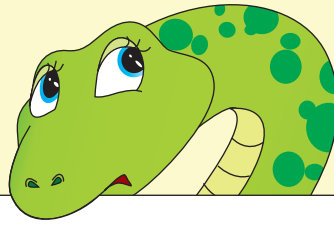
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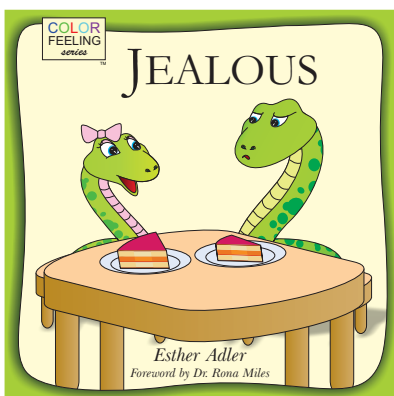
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Circle what you could do when you feel jealous.
Cross out what you should not do when you feel jealous.

Take a friend's toy without permission	Tell someone how you feel	Ask your friend to share her toy with you
Say, "I don't care. I don't want it anyway."	Tell your brother you don't like what he has	Ask an adult to help you
Think about all the special things you have	<i>Write something else you could do</i>	<i>Write something else you should not do</i>



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