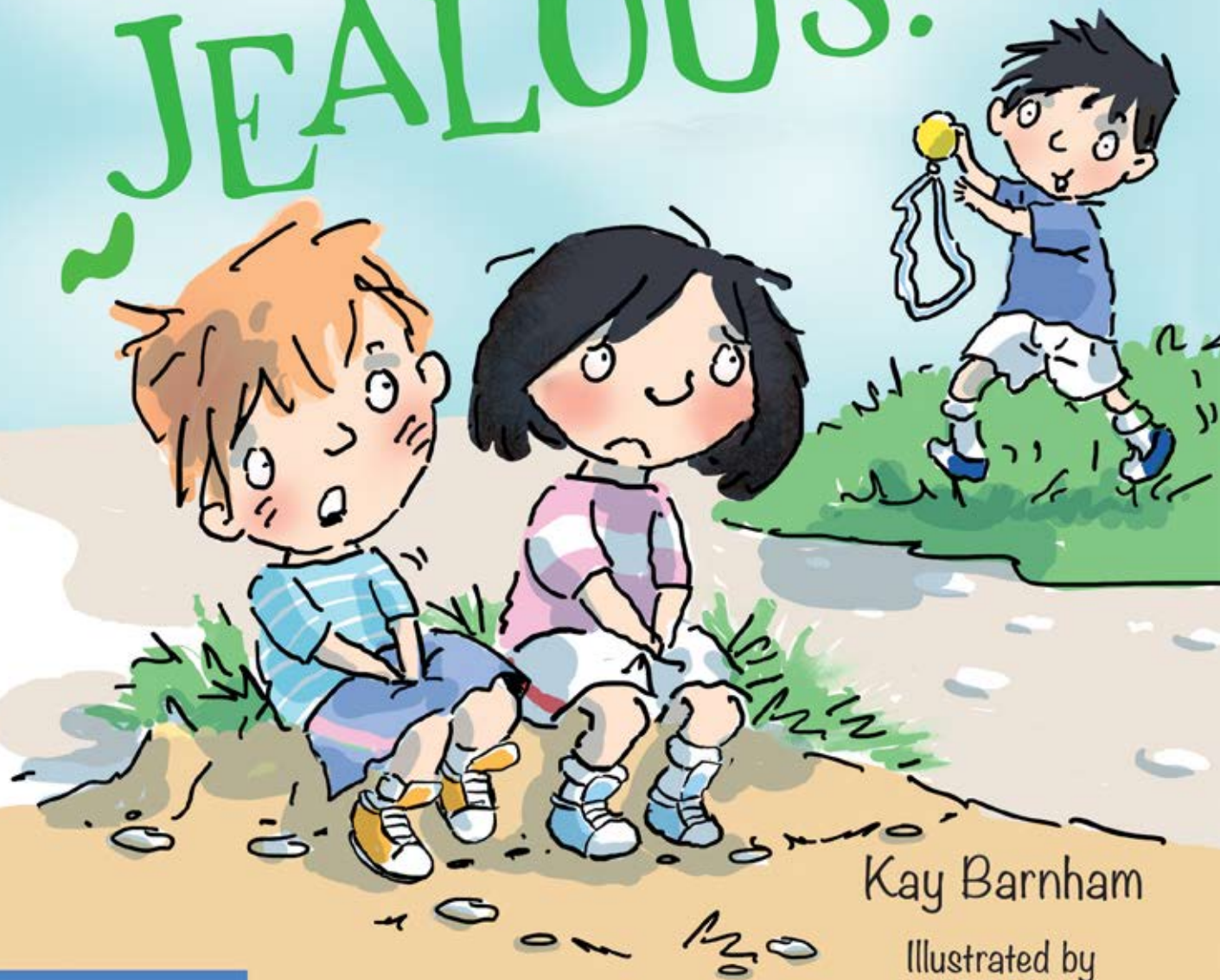


Feeling JEALOUS!



Kay Barnham

Illustrated by
Mike Gordon

Published in North America by Free Spirit Publishing Inc., Minneapolis, Minnesota, 2017

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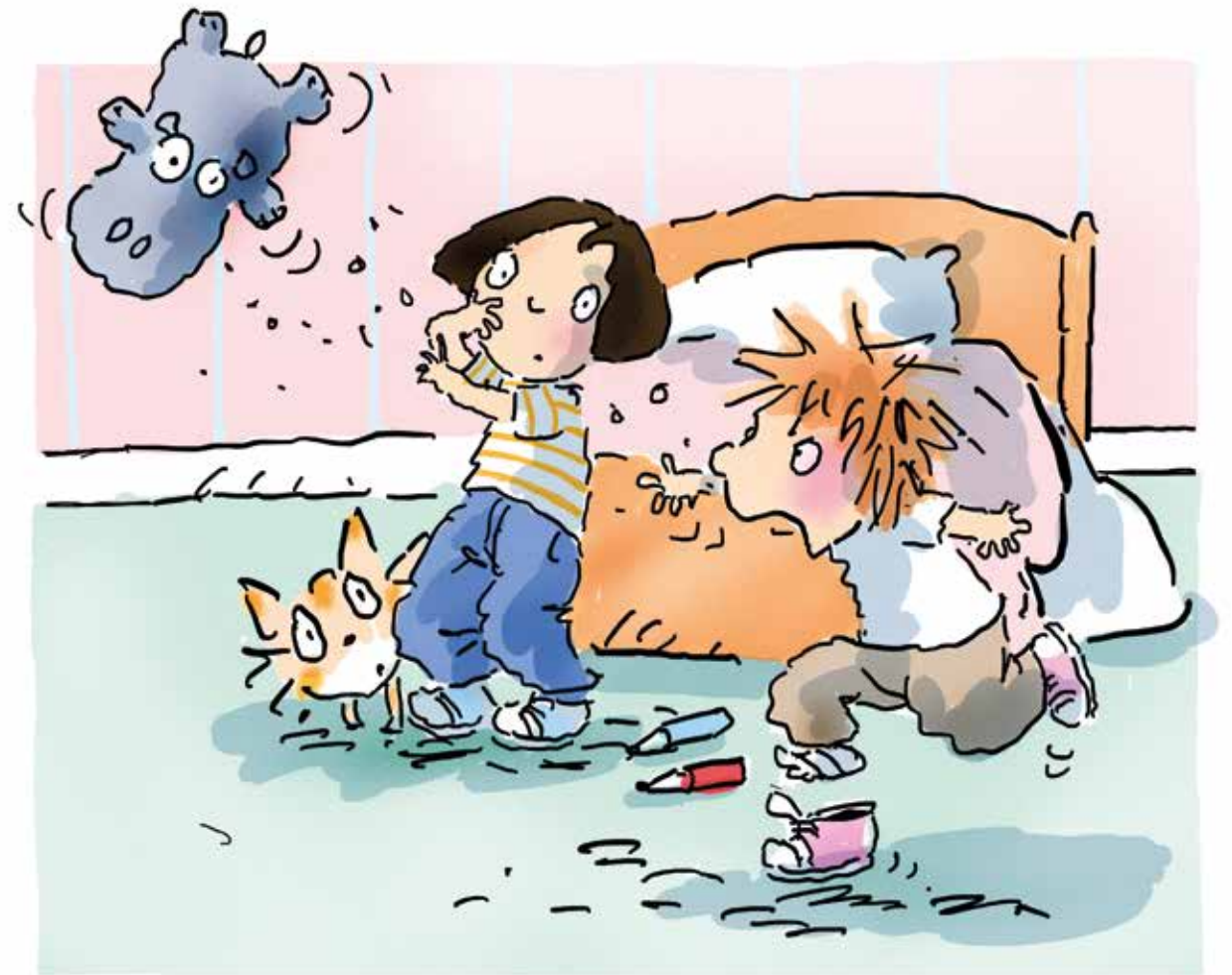
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“It’s NOT fair,” said Martha, punching a pillow.
“What’s not fair?” Lucy asked. She was Martha’s best friend, and she was worried about how upset Martha looked.



“Peter goes to bed at eight o’clock,” huffed Martha, hurling a cuddly hippo across the bedroom, “and I have to go to bed at seven. See? Not fair.”
“Ah,” said Lucy. She did see.

“Dad says I’m silly to feel jealous,” added Martha.
“He says that Peter’s older than me, so of course he should go to bed later.”



Lucy thought for a moment.
Then she smiled. If Martha could think of something good about being the younger one, then she might feel happier.

NOTES FOR PARENTS AND TEACHERS

The aim of this book is to help children think about their feelings in an enjoyable, interactive way. Encourage them to have fun pointing out details in the illustrations, making sound effects, and role playing. Here are more specific ideas for getting the most out of the book:

- ★ Encourage children to talk about their own feelings, if they feel comfortable doing so, either while you are reading the book or afterward. Here are a few conversation prompts to try:
 - When are some times you feel jealous? Why?
 - How do you stop feeling jealous at those times?
 - How do you think jealousy can affect the way people act toward each other?
 - This story shows many things that people might feel jealous about, such as toys, pets, and success. What other things can bring up jealous feelings?
- ★ Have children make face masks showing jealous expressions. Ask them to explain how these faces communicate jealousy.



- ★ Put on a feelings play! Ask groups of children to act out the different scenarios in the book. The children could use their face masks to show when they are jealous in the play.
- ★ Have kids make colorful word clouds. They can start by writing the word *jealous*, then add any related words or phrases they think of, such as *envy* or *I want that!* Have children write their words using different colored pens, making the most important words the biggest and less important words smaller.
- ★ Hold a jealous-face competition. Who can look the MOST jealous? Strictly no laughing allowed!
- ★ Green is a color that is often connected with jealousy and envy. In fact, jealousy is sometimes known as the green-eyed monster. Invite kids to draw or paint pictures of their own green-eyed monsters, making sure it looks super jealous! Then have children draw pictures of themselves taming the monsters and getting a handle on jealous feelings.

For even more ideas to use with this series, download the free Everyday Feelings Leader's Guide at www.freespirit.com/leader.

