

What Can I Do When I'm Feeling Jealous?

Feeling jealous is when we want something that someone else has. It can also be when somebody is spending time with another person and we want to be with them.



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

Make a list of all the things I have to help me remember how lucky I am.



Do a big smile for exactly one minute.



Think about the good things I have and how lucky I am – some people will not have the same luck as me.



Work as a team with someone I love to complete a task such as a jigsaw or building a model.



Congratulate somebody when they do something well or achieve something.



Find someone I love being with and spend some time with them.

