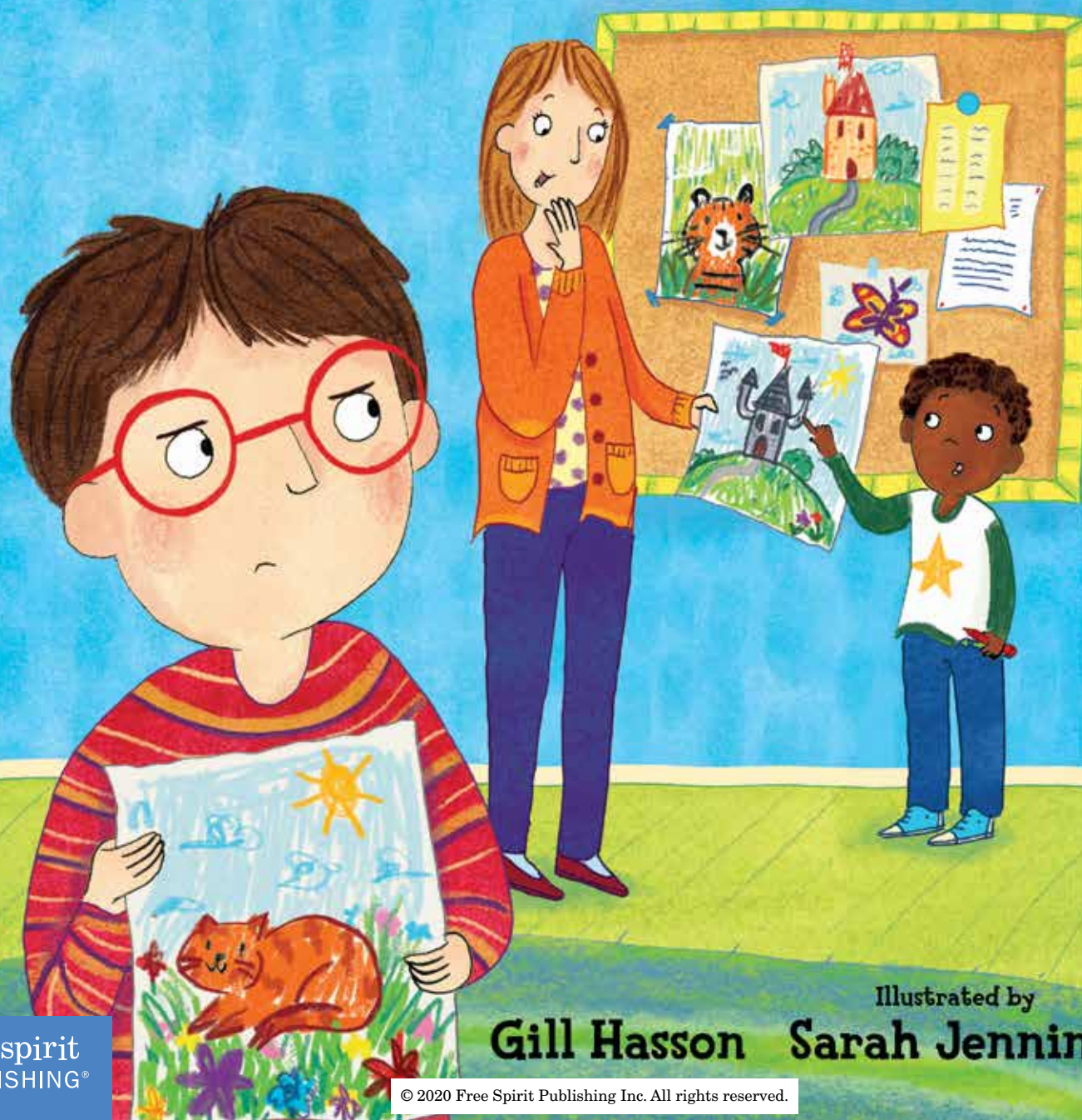


KIDS CAN COPE

Let Go of Jealousy



free spirit
PUBLISHING®

Illustrated by
Gill Hasson Sarah Jennings

© 2020 Free Spirit Publishing Inc. All rights reserved.

 KIDS CAN COPE 

Let Go of Jealousy

by Gill Hasson
illustrated by Sarah Jennings



Published in North America by Free Spirit Publishing Inc., Minneapolis, Minnesota, 2020

North American rights reserved under International and Pan-American Copyright Conventions. Unless otherwise noted, no part of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, or otherwise, without express written permission of the publisher, except for brief quotations or critical reviews. For more information, go to freespirit.com/permissions.

Free Spirit, Free Spirit Publishing, and associated logos are trademarks and/or registered trademarks of Free Spirit Publishing Inc. A complete listing of our logos and trademarks is available at freespirit.com.

Library of Congress Cataloging-in-Publication Data
Names: Hasson, Gill, author. | Jennings, Sarah, illustrator.
Title: Let go of jealousy / by Gill Hasson ; illustrated by Sarah Jennings.
Description: Minneapolis : Free Spirit Publishing Inc., 2020. | Series: Kids can cope | Audience: Ages 6–9
Identifiers: LCCN 2020008142 | ISBN 9781631985706 (hardcover)
Subjects: LCSH: Jealousy in children—Juvenile literature. | Jealousy—Juvenile literature.
Classification: LCC BF723.J4 H37 2020 | DDC 152.4/8—dc23
LC record available at <https://lcn.loc.gov/2020008142>

Free Spirit Publishing does not have control over or assume responsibility for author or third-party websites and their content.

Reading Level Grade 2; Interest Level Ages 6–9;
Fountas & Pinnell Guided Reading Level M
Edited by Alison Behnke and Marjorie Lisovskis

10 9 8 7 6 5 4 3 2 1
Printed in China
H13770420

Free Spirit Publishing Inc.
6325 Sandburg Road, Suite 100
Minneapolis, MN 55427-3674
(612) 338-2068
help4kids@freespirit.com
freespirit.com

First published in 2020 by Franklin Watts, a division of Hachette Children's Books · London, UK, and Sydney, Australia
Copyright © The Watts Publishing Group, 2020

The rights of Gill Hasson to be identified as the author and Sarah Jennings as the illustrator of this Work have been asserted in accordance with the Copyright, Designs and Patents Act, 1988.

Series editor: Jackie Hamley
Series designer: Cathryn Gilbert

Free Spirit offers competitive pricing.
Contact edsales@freespirit.com for pricing information on multiple quantity purchases.

KIDS CAN COPE

Let Go of Jealousy

by Gill Hasson
illustrated by Sarah Jennings



What is jealousy?

When we get jealous, we feel unhappy that someone else has something we want or can do something we can't.
We think we're missing out and it's not fair!



Perhaps you have an older brother or sister who gets to do things you're not allowed to do yet.

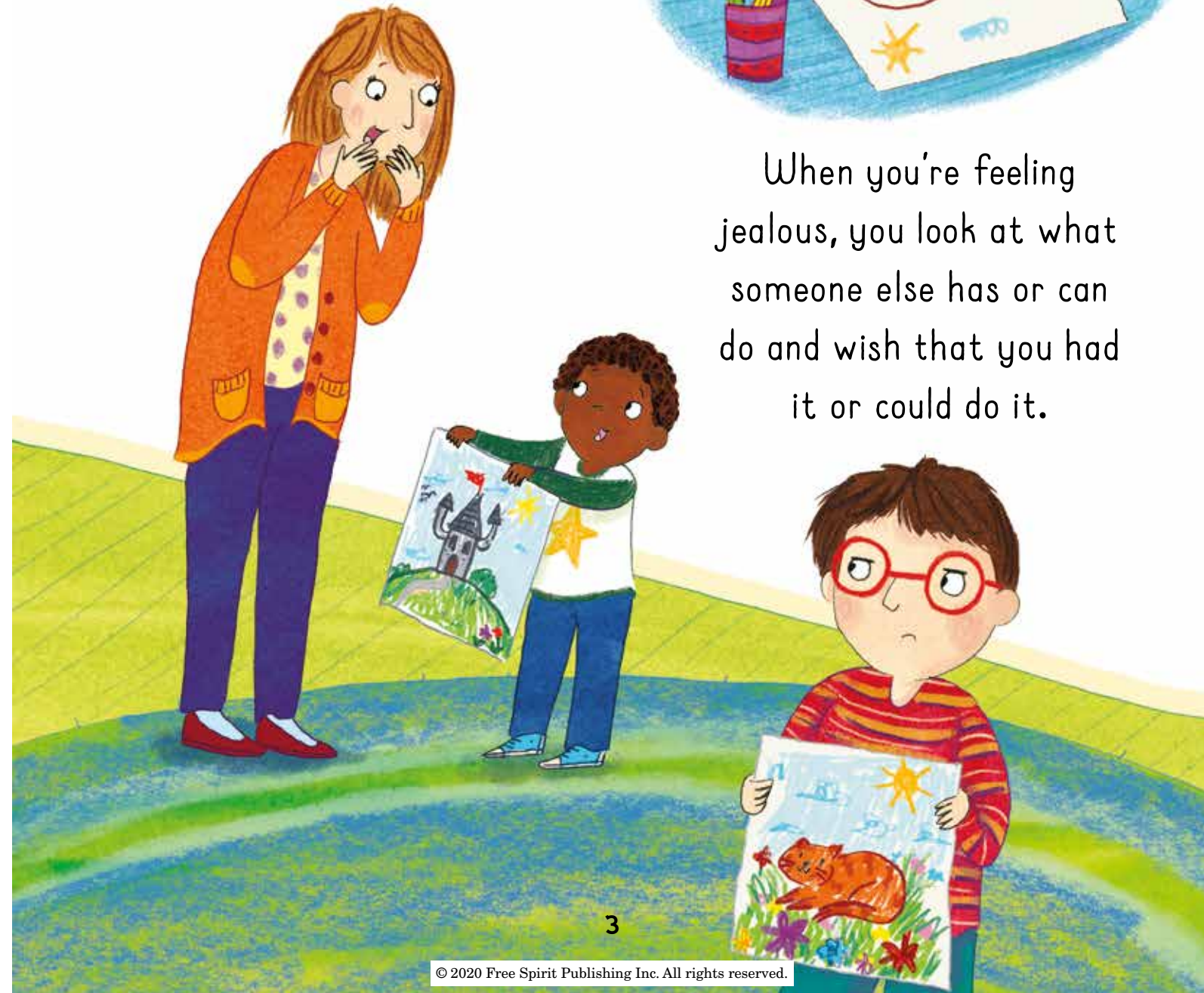


Maybe you have a friend who makes new friends more easily than you do.
Or your friend is going to a party that you didn't get invited to.

Maybe someone in your class at school can run faster or draw better than you can.



When you're feeling jealous, you look at what someone else has or can do and wish that you had it or could do it.



How do you feel when you're jealous?

Being jealous can bring all sorts of difficult feelings with it. When you're jealous, you probably feel upset and unhappy.

Perhaps you feel sad and disappointed that you've been left out of something.



You might feel worried if you think you're not good enough or smart enough to do something other kids can do.

And you might feel grumpy when someone has something that you wish you had.



You can feel jealousy in your body too. When you feel jealous, your heart may thump and you may feel hot and tense. You might feel a knot in your tummy.

Let go of jealousy

When you're jealous, it can feel like you have a monster inside that you can't control. But now you know what jealousy is, and you know that there are things you can do to cope with the jealous feelings. Here are some reminders:

- Change jealous thoughts to helpful thoughts. Each time you have a jealous thought about someone who can do something you can't, think of what you CAN do.
- Instead of thinking "It's not fair," think what you can do to work toward getting or doing what you want.
- Make a plan for how you can work toward getting what you want to have or do. Ask someone to help you do this.
- When it's not possible to get what you want, try to let go of jealousy.
- Look for ways to feel good about yourself. Think about what you do have and enjoy and what you already do well.

If your jealousy feels too big to handle, ask a grown-up for help. If you don't feel like you can ask anyone you know, you can call **1-800-448-3000**, text **CONNECT** to **741741**, or go to **yourlifeyourvoice.org** to talk with a counselor. This person will listen to you and give you some help and advice about what to do if you're upset and angry and feeling jealous.



Activities

These activities can help you to think more about how to manage jealousy. You could keep your pictures and writing with this book as ideas that can help you cope when you feel jealous.

- When you feel jealous, draw a picture of yourself with the Green-Eyed Monster. Think of a way to turn your jealous thought into a helpful one. Add a speech bubble to your picture and tell the monster the helpful thought. It might be something you are proud you can do or an idea of how to work toward something you want.
- Draw or write about a time when you thought something wasn't fair. Maybe someone got something you wanted, or did something you couldn't. What did you do? What could you do next time to help yourself feel less jealous?
- Draw or write a plan for working toward something you'd like to have. Maybe you can be paid for special chores. Maybe you can save a little from your allowance each week. What other ideas can you think of?
- Draw or write a plan for working toward something you'd like to get better at doing. Ask a trusted grown-up to help you figure out steps you can take. Draw a picture of yourself doing that thing well.
- Carlo and his sister Isabel are jealous of their cousin Frida because Frida has a game that they really want. What do you think they could do? Write a letter to Carlo and Isabel with your ideas.
- Write a list and draw some pictures of the good things you have in your life. Think of your friends and family, your home, things you're good at doing or like to do, and the games and toys you like and enjoy.

Notes for teachers, parents, and other adults

Jealousy—wanting what someone else has—is a natural human emotion. Everyone experiences jealousy, both children and adults.

While there is no way to ensure that children won't feel jealous at times, you can help children recognize jealous feelings and find positive ways to respond and cope. When a child is jealous, first allow the child to vent about the situation and feelings. Don't dismiss the jealous feelings or tell children not to feel jealous, and don't try to quickly "fix" things. As much as you can, be understanding and nonjudgmental. Acknowledge the feelings by saying, for example, "I know you wish you could have that too. I'm sorry you feel so unhappy."

Children also benefit from knowing effective techniques to help them take charge and feel in control.

Let Go of Jealousy explains ways children can manage jealousy and provides a range of strategies you can help them with, including recognizing and appreciating what they do have and what they can do, working toward what they'd like to do better, and finding ways to let go of jealousy.

Although children can read this book by themselves, it will be more helpful if you read it together. You might have some stories from your own childhood that you could share about times you felt jealous. What do you remember wanting? What helped you let go of your jealousy, or what do you think might have helped?

Some children might want to read the book all at once. Others will find it easier to manage and understand a few pages at a time. Either way, you'll find plenty to talk about with children. Ask them questions and pose prompts such as "Have you ever tried that?" "What do you think of that idea?" "How could that work for you?" "Talk about the characters in the illustrations."

After reading the book and helping children identify some strategies that could work for them, give them the opportunity to manage their jealousy at their own pace and with your support.

Also be aware of the example you set. By expressing appreciation for your own abilities, relationships, and belongings, you model self-worth and help your child see coping strategies in action.

With time, patience, support, and encouragement from you, children can learn to cope with and minimize jealousy. However, if jealousy is frequently causing them to get out of control and is harmful to them or others, it's worth seeking more advice. Reach out to a healthcare provider, a counselor, or another expert and ask for help.