



1

Learning Outcomes

By the end of the topic, you should:

- Be able to recognise and name emotions and their physical effects
- Know the difference between pleasant and unpleasant emotions
- Learn a range of skills for coping with unpleasant/uncomfortable emotions
- Understand that feelings can be communicated with and without words

2

Discussion time

As a class, small group, or in pairs, discuss the following:

Who can describe the feeling of jealousy?

3

Discussion time

Jealousy is when you feel angry or upset about someone having something you would like.

For example: feeling unhappy that another person is receiving lots of attention.

Examples of jealousy →

4

Activity time

As a class, and in one colour pen or pencil, create a list of different examples of jealousy.

Note to teacher - for this baseline activity, please record the children's answers as you will need to return to these at the end of the topic. These can be written, photographed, or videoed.

5

Here is an idea!

Ada is feeling jealous because Sobia won the writing competition and is receiving lots of praise from the teacher.

More ideas →

6

Here are some other ideas!

Can you think of any more?

Finley likes his friend's birthday presents more than the ones he received

Yasmin's sister can go to the park by herself but Yasmin is not old enough

Harper's friend got a new toy that Harper wanted

Benji's cousin is going on holiday but Benji is not

7

Discussion time

As a class, small group, or in pairs, discuss the following:

Why do people feel jealous?

Have you ever felt jealous?

If so, how did your body react to your feelings of jealousy?

8

Activity time

We're now going to look at some different scenarios.

Can you figure out who in the scenario might be jealous and why they might feel that way?

9

Jake didn't get in to his local football team but his friend Harry did.

Who might be feeling jealous?

Why might they be feeling this way?

10

Georgie's Mum just had a new baby.

Who might be feeling jealous?

Why might they be feeling this way?

11

Kamilah has a new pair of shoes and is showing them off to her friend Tanisha. Tanisha wants new shoes but her Dad said she has to wait until her birthday.

Who might be feeling jealous?

Why might they be feeling this way?

12

Jodie's teacher has praised Luca for his homework but Jodie did not receive praise.

Who might be feeling jealous?

Why might they be feeling this way?



13

Activity time

Did you all have the same thoughts?

Can you think of any more examples of when people might feel jealous?



14

Jealousy

We're now going to watch a video about a young girl called Freya.

In the video, Freya will need to make a decision about how she reacts to her feelings of jealousy.

Together, let's help her make a good decision.



15

Watch the video clip!

Let's watch the *Jealousy* video.

Before we make our decision, we will return to this lesson guide to discuss what is happening.

Note to teacher: minimise this lesson guide and play the video from the module screen.



16

Discussion time

Now that you've watched the first part of the video, as a class, small group, or in pairs, discuss the following:

- What is happening in the clip?
- What feelings might Freya be experiencing?
- How do we know?
- What do you think Freya should do next?



17

Decision time!

Return to the video to make your decision.

What choice do you think the characters should make?



18

Discussion time - Not the best choice for all

As a class, small group, or in pairs, discuss the following:

- Why do you think Freya wants to behave in this way?
- How do you think Freya is feeling now that she has hurt her friend?
- What might the rest of the girls be thinking and feeling?
- Could Freya have acted differently?

A



19

Discussion time - Best Choice for all

As a class, small group, or in pairs, discuss the following:

- What was Freya able to do to manage the situation more positively?
- How might Freya be feeling now?
- How was Hannah able to help Freya?
- How has Freya's actions helped the friendship?

B



20

Did you make the best choice for all the characters?

More activities →



21

Discussion time

In the video, Freya was very jealous of Macey's new friend Amber.

In the positive ending, Freya chose to talk about her feelings and took action to include Amber in their friendship.

Let's look at some more examples of jealousy →



22

Petra scribbled on Janelle's picture because she was jealous of how well she could draw.



23

Eddie feels angry and jealous because he is still wearing armbands, but Tommy does not because he is a more advanced swimmer.



24



Polly feels upset and jealous because Sophie is a more advanced reader and is confident reading aloud in class.

25



Activity time

All children develop at different rates and at different times.

As we grow, we may find that others are more skilled or capable at certain tasks and activities.

Occasionally, we may need to work harder or practice more to feel the same.

26



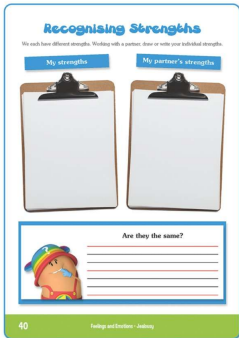
Jealousy

We all have different strengths.

What are your strengths?

Let's work with a partner to recognise our own strengths!

27



Activity time!

Complete the activity

28



Share your ideas!

What are your strengths?

What are your partner's strengths?

Are they the same?

As a class, or in small groups, share your ideas.

29



Discussion time

Can you see that we are all special and unique, and we each have individual talents and skills?

30

Sentence Stems

As a class, finish the sentence stem below:

When I feel a bit jealous of someone else, I should remember that I am/I can...



31

Return to the activity!

Would you like to add or change anything to your list from the beginning of the session?

Note to teacher: please make a note of any new answers.



32

Discussion time

As a class, small group, or in pairs, discuss the following:

How can we manage the feeling of jealousy?

If we were struggling with the feeling of jealousy, what could we do? Who could we talk to?



33

Ask Me a Question

Let's recap on our learning from today:

- Can you describe the feeling of jealousy?



34

A Message From Deedee

Every one of us is very special and unique. It is okay to feel jealous sometimes, as long as we don't use this feeling to hurt ourselves or others.

We should always try to be positive, say positive things, and encourage those around us.

Remember that we all have different strengths!

love Deedee x



35

Great work everyone!

Well done, you have finished the Jealousy topic!

You may wish to complete the extension activities.



36



Extension Activity

Working in small groups, each student should have a piece of paper with their name on the top.

Each member of the group should write something positive on each person's piece of paper. Each piece of paper represents a brick, and these can then be used to create a wall of positivity!

What do you admire or appreciate about that person?

What is that person good at?



37



Topic complete

Great work everyone!



38