

Year 1 - Term 3

Week 8: Jealousy

Strand: Love of Self/ Love of Others/Love of God

Age: Year 1

Aim: To discuss the feeling of jealousy, create an opportunity to experience the emotions around it and for the students to appreciate their assets

Resources: Paper, Pencils, Pillows (at least 8), “When I’m feeling jealous” by Trace Moroney

Introduction: Hello everyone. Today I would like to talk with you about the emotion of jealousy. We talked about it briefly last term when we were speaking about emotions in general.

Conversation: Who remembers what it means to be jealous? (Invite answers)
Feeling jealous is when you want something that another person has or can do. I could be jealous of someone who can run faster than me or I could be jealous of my little sibling when I feel they get more attention and love from my parents.
Who has another example for being jealous? (Invite answers)

Read aloud: I know that we have read this book before but I would like to read it to you again today. “When I’m feeling jealous” by Trace Moroney

Sharing: Have you ever felt jealous? Who or what were you jealous of? What did you do? (Invite answers after each question)

Teaching: The feeling of jealousy usually covers over some deeper feelings. Examples of such deeper feelings are: a feeling of not being good enough or feeling angry when I don't get what I want. Those can be painful feelings to allow but the best way to get out of jealousy is to allow the emotions that drive it. We are who we are. There are many things that we can learn if we don't know how to do them yet. But there will always be people who are better at some things than we are and there will always be people who are not as good as we are at other things. It is impossible to be the best at everything. That doesn't mean that we are not good enough. It means that we are not God. God is the only being who is perfect at everything. We can never be God and it is not healthy to try to be God.

Impulse to reflect: ●Pete wins every race. I feel jealous of Pete. What could be the feeling underneath? (Invite answers) Not good enough. But what am I good at?
●Moirra has really beautiful handwriting. I feel jealous of Moirra. What could be the feeling underneath? (Invite answers) Not good enough. But I can learn.

●My sibling is allowed to go to soccer practise and I am not. What could be the feeling underneath? (Invite answers) Unfair treatment. I can talk about it with my parents.

Teaching: Most of us have a very strong feeling that we should always get what we want. This is called a feeling of entitlement. When we feel entitled, we are usually not grateful for all the good things in our life and we always want more, more, more. Entitlement usually leaves us feeling empty, unsatisfied and jealous.

Impulse to reflect: ●I feel hungry and ask my mum for an ice cream but she gives me an apple instead. I feel jealous of kids who get an ice cream when they ask for it. What could be the feeling underneath? (Invite answers) I feel I should get what I want. False Belief: Sugar means love.

●My friend has been invited to a birthday party and I haven't. I feel jealous. What could be the feeling underneath? (Invite answers) Feeling left out, unfair treatment, unloved, getting what I want, missing out
It may take some practise to find the feelings underneath your jealousy or anger. When you have found them, it is good to let them go by feeling your way through them.

Feeling exercise: Lie in a comfortable position and relax your body. You can close your eyes if you want. I am going to take you back to a situation when you felt jealous. If at any time during this feeling exercise you are ready to let go of some emotions, you can take a pillow and punch it, cuddle it, squeeze it, scream into it or cry. It is good to let your emotions out in a safe way. Breathe in...and out...in...and out...in...and out. Now, try to think back to a time when you felt jealous of someone. Let the feeling of jealousy come up in your body. Sit with it for a minute and feel how strong it is and how much you wanted to act on it at the time. (Pause for a minute) Now, try to get underneath the jealousy. How did you feel on a deeper level. Did you feel ignored, unloved, not good enough, entitled, unsafe, worried? Stay with your deeper feelings for a minute. (Pause for a minute). Now think of some things that you are good at or that you enjoy doing. Feel proud and grateful for what you can do. (Pause for a minute). Think about the things that you do have, your life, your body and senses, your laughter, your friends and family, the sunshine, the wind, nature. There are many things to be grateful for. Feel the gratitude inside of you. (Pause for a minute) Now, slowly come back to this room. Feel the ground underneath you, hear the sounds around you and, when you are ready, gently open your eyes again.

Writing: On a piece of paper write down or draw what you like about yourself or what you are grateful for? You can do both if you like. If you get stuck, you can ask a friend or myself for help.

Conclusion: Everybody gets jealous sometimes. Usually jealousy covers over a deeper feeling. Next time you feel jealous, try to feel into what needs of yours are not met or if you are just not getting what you want. This will help you understand yourself better. If possible, allow yourself to feel the deeper emotions. If this is not possible for you in the moment, you can remember things you are good at and things in your life that you are grateful for.