

# Jealousy worksheet

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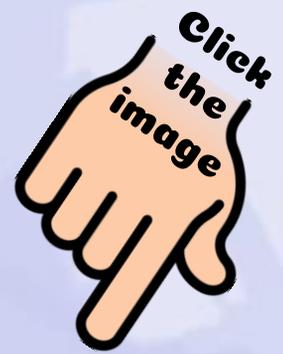
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**fish**

Now **stop** thinking about a **Hard to stop thinking about it isn't it? To help make the disappear try the following...**

**bird**

Now **stop** thinking about a **Hard to stop thinking about it isn't it? To help make the disappear try the following...**

**Toe wiggle**  
Wiggle your toes and think about how that feels. Feel the movement of your toes, feel how they touch your shoes, think about how it makes you feel. Enjoy the sensation of toe wiggling.

**Gone!**

I bet you stopped thinking about the bird whilst you were doing that! Oh wait he is back again! Quick try the toe wiggle again!

**horse**

Now **stop** thinking about a **Hard to stop thinking about it isn't it? To help make the disappear try the following...**

**Mindful Listening!**  
You will need a bell that rings for this exercise. Ring the bell and see how long you can listen to the sound. Keep listening until it disappears completely. Repeat several times.

**Gone!**

I bet you stopped thinking about the horse whilst you were doing that! Oh wait he is back again! Quick try mindful listening!

This is a huge pack of resources for children to learn how to rid themselves of negative thoughts through mindfulness type exercises. There are 3 zipped files included in the download due to the size of the resource.

The children are asked to think about an animal, then to stop thinking about the animal. This will demonstrate how it is difficult to stop thinking about something just by telling yourself not to think about it. They are then asked to do an exercise to demonstrate how that will rid them of the animal. If the animal comes back they do the exercise again.



# Jealousy

example

Jealousy tends to be a secondary emotion to something else that is really bothering you. Perhaps you feel you aren't getting enough attention or that you feel insecure in yourself. There are ways to turn things around when you feel jealous.

Why are you feeling jealous? What is the reason. How big is your feeling? Write it here...

*I feel jealous because we have a new puppy. My jealousy is at 5 on the thermometer*

Make a list of the negative side of your jealousy. How it impacts or affects you or others...

- ① *Everyone is too busy with the puppy*
- ② *I feel left out*
- ③ *My parents keep getting cross with me because I keep complaining*
- ④ *The puppy doesn't like me*
- ⑤ *My parents love the puppy more than me*

Now try and turn it around to be more positive. What could you do to change your thinking or feelings?

- ① *I could try to cuddle the puppy and help look after it*
- ② *My mum and dad would be pleased if I helped*
- ③ *The puppy would love me lots and become my friend*
- ④ *I could teach the puppy that it is loved by all of us*
- ⑤ *My parents might have more time for me if I helped*

How might you feel now? How big is jealous feeling now? Explain why you might feel differently...

*I would feel happier and not jealous because I realised that my mum and dad do still love me but they are just stressed looking after a new puppy who needs lots of attention at the moment. I am at 1 now*



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- ② 

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- ③ 

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- ④ 

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- ⑤ 

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- ② 

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- ③ 

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- ④ 

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- ⑤ 

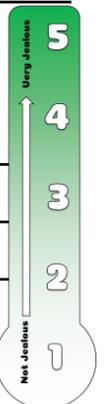
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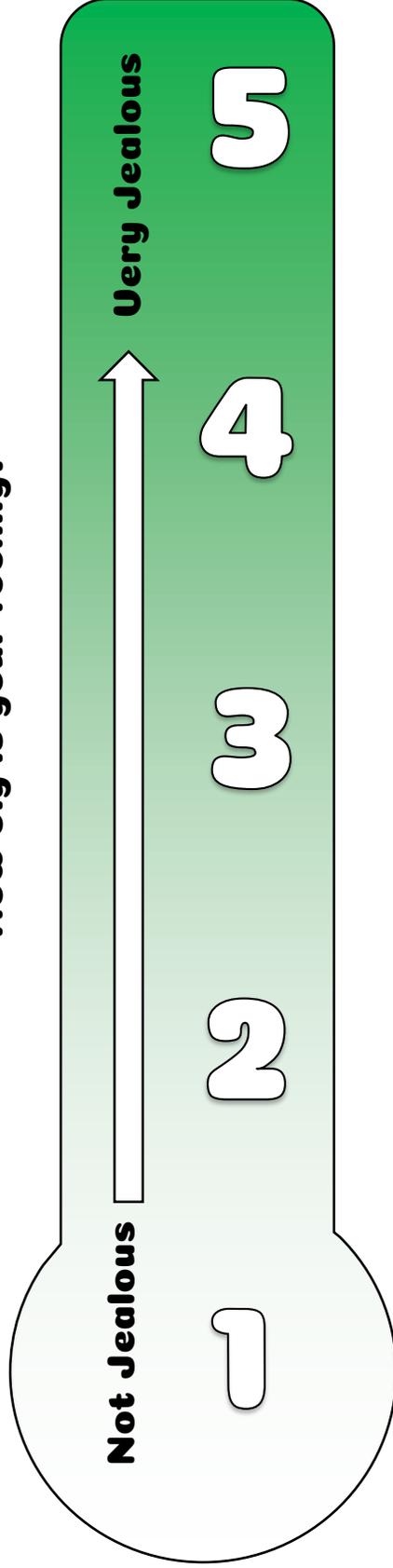
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How big is your feeling?



**How big is your feeling?**

