

What Can I Do When I'm Feeling Jealous?

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

Below are some ways to help you if you are feeling jealous:

- Practice giving other people praise and compliments for things that they do well.
- Make a list of all the things you have to help you to remember how lucky you are.
- Do a big smile for exactly 1 minute.
- Work as a team with someone you love to complete a task, such as a jigsaw or building a model.
- Find someone you love being with and spend some time with them.
- Think about the good things you have and how lucky you are – some people will not have the same luck as you!
- Congratulate somebody when they do something well or achieve something.