

What Can I Do When I'm Feeling Jealous?

Practise giving other people praise and compliments for things that they do well.

Work as a team with someone I love to complete a task such as a jigsaw or building a model

Think about the good things I have and how lucky I am – some people will not have the same luck as me.

Make a list of all the things I have to help me remember how lucky I am.

Congratulate somebody when they do something well or achieve something.

Find someone I love being with and spend some time with them.

Do a big smile for exactly one minute.

