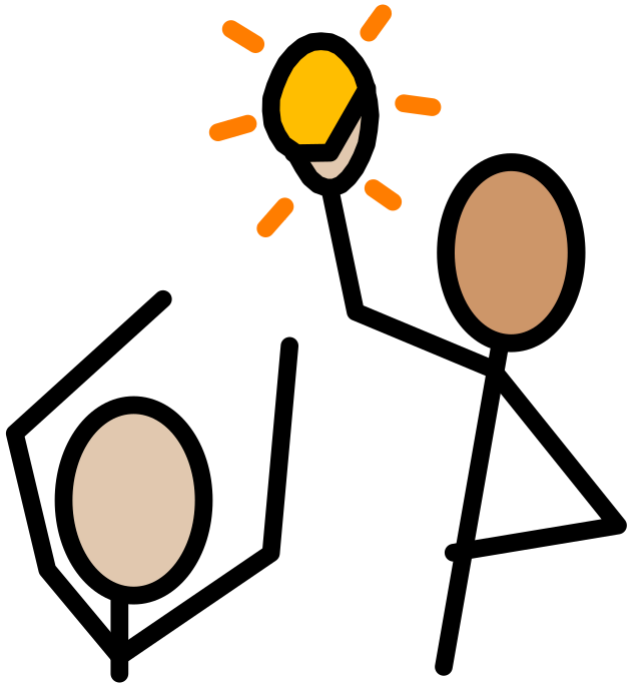
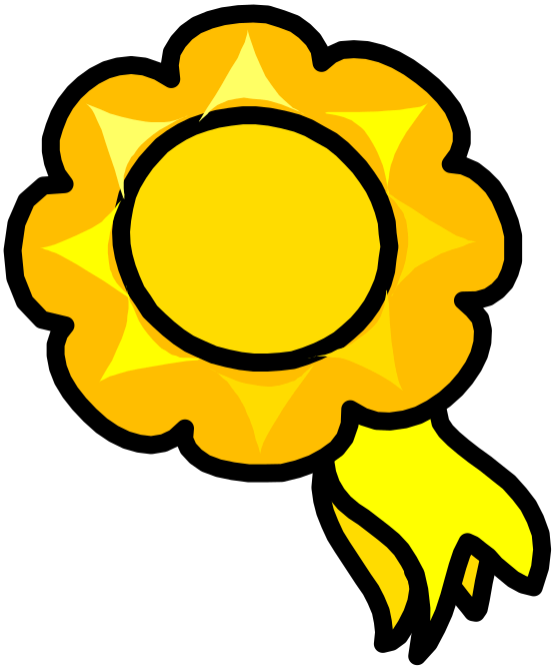
Feeling jealous



Sometimes, other people get something I want.

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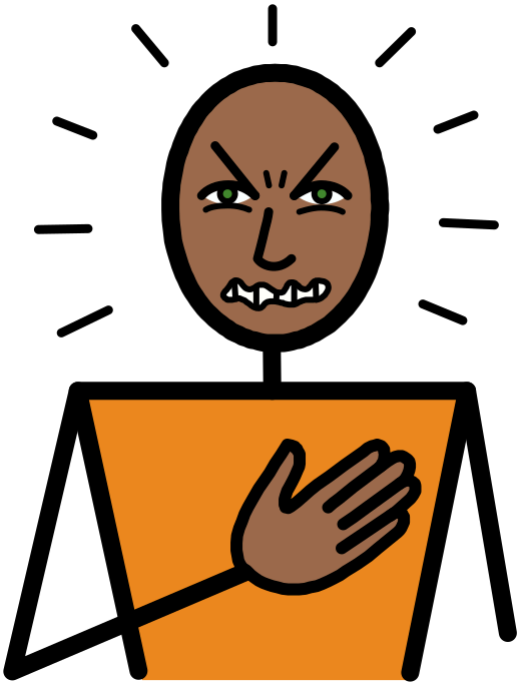
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They might get a new toy, a prize, or attention from a teacher or friend.

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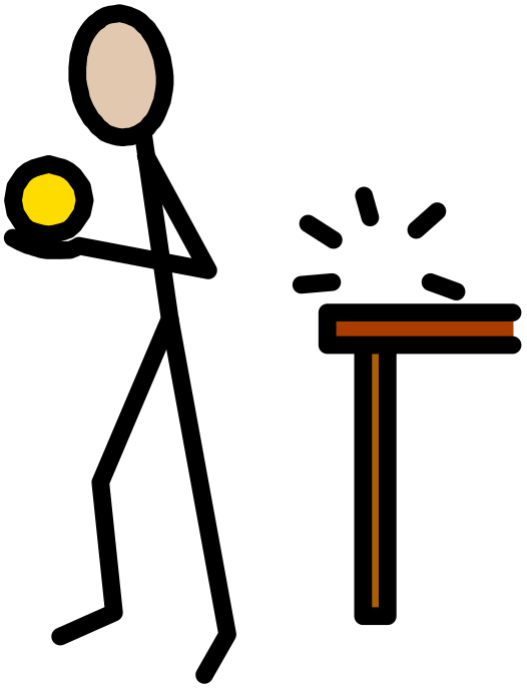
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I might feel jealous when this happens.

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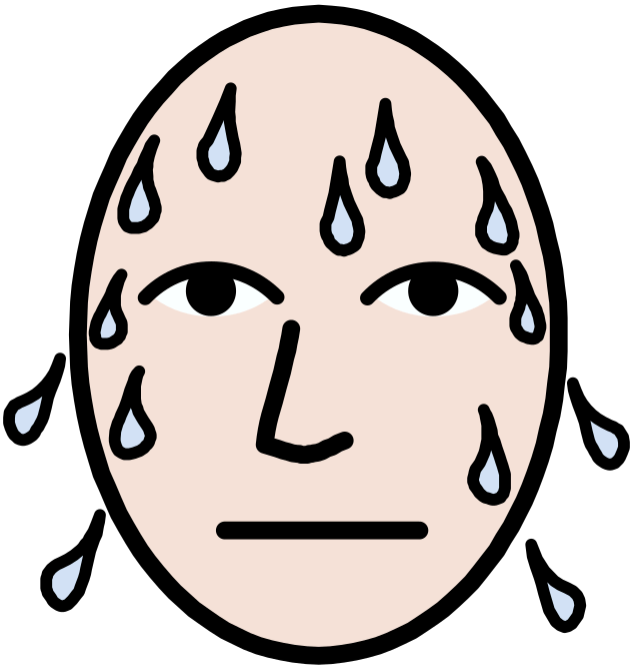
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Jealous means I wish I had what someone else has.

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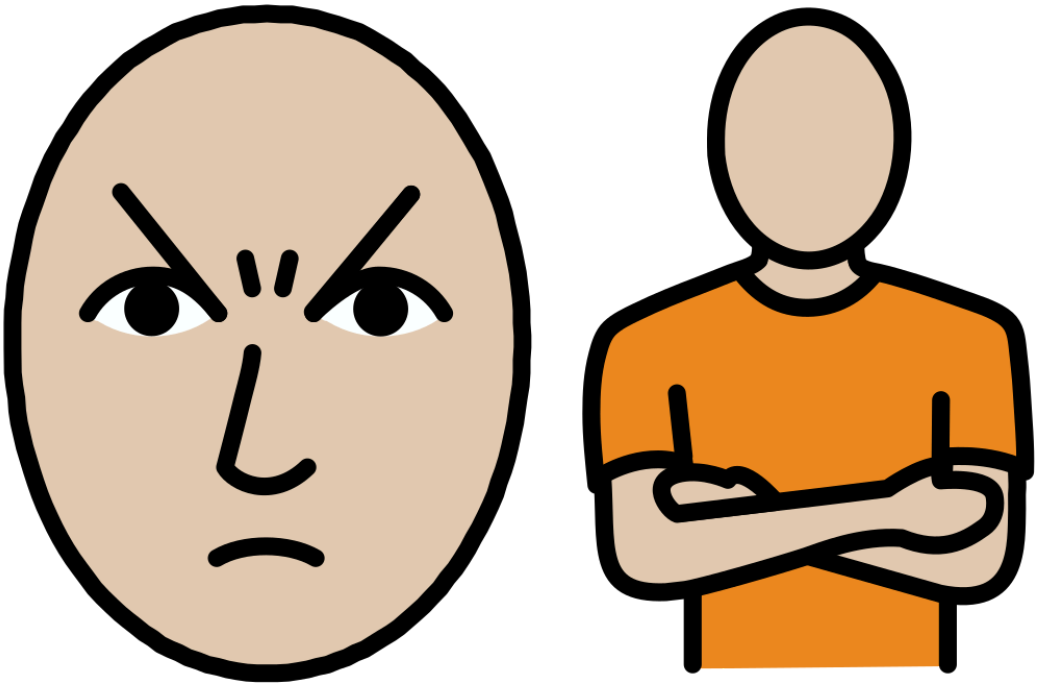
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When I feel jealous, my body might feel tight or hot.

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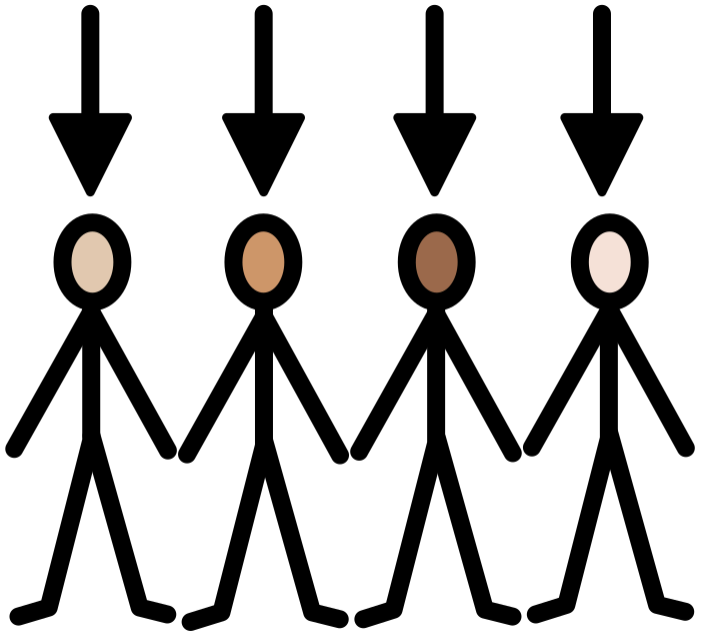
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I might cross my arms, frown, or want to walk away.

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Everyone feels jealous sometimes.

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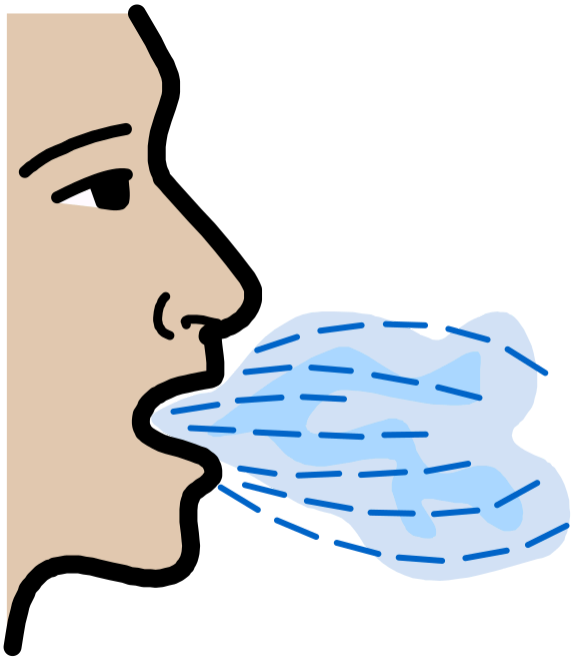
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It is okay to feel jealous.

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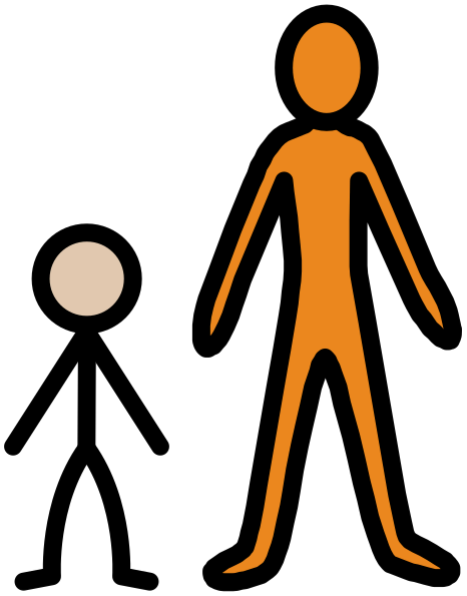
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When I feel jealous, I can take a deep breath.

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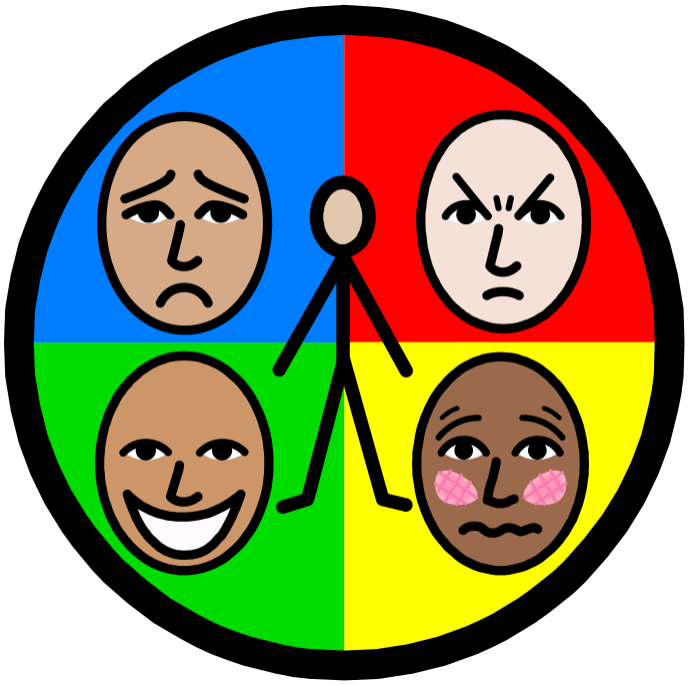
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I can tell an adult how I am feeling.

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I can use some of my Zones Tools to help me.

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When the feeling passes, I can keep doing my work or playing again.

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