

Unit 5E: Feeling Jealous



Vocabulary:

Jealousy - The feeling that you lack something or some quality, or the fear that you may lose something valuable (like a friendship).

Envy - The feeling of unhappiness, resentment, and longing over someone else's possessions, qualities, or luck.

How To Begin and End Each Lesson

Begin With a Breath Brake

Instruct students to stand at attention, repeat the hand motions and the mantra, **Power Peace Purpose**, and end with a bow. Ask students to take several breaths to clear their minds and prepare to watch the video.

Teacher Statement:



The Breath Brake helps us clear our minds, relax and focus. Focused breathing stops the flow of stress chemicals from the brain. You can close your eyes if you want to. Follow along:

- ★ *Breathe in through your nose, slowly and deeply. Think of each breath as a wave as it gently raises, holds, and then slowly lowers your body.*
- ★ *Hold it for three seconds.*
- ★ *Breathe out slowly and steadily from your mouth while you feel your body gently relax.*
- ★ *Breathe in and visualize that you are breathing in a powerful light.*
- ★ *Breathe out and imagine you are blowing out any darkness.*
- ★ *Breathe in, hold for 3 seconds, then breathe out. Repeat as needed.*

*Remember when you breathe, you are helping others who need your light. **Power Peace Purpose.***

There are thousands of children around the world who spend a lot of time in the hospital. Sometimes, they feel very lonely. When you join the Heroes Circle, it makes them feel better. When you do your power breathing you are also teaching your family and friends around you. You are an amazing teacher and a good friend!

End with Power Peace Purpose:

Recite and review the Power Peace Purpose mantra with students at the end of each day's lesson. Then, the students bow.



The Breath Brake helps you restore your power, brings you to a place of peace, and enables you to understand your purpose.

Unit 5E: Feeling Jealous

Day 1: WATCH



Focus: Social Awareness

Students will watch a video about feeling jealous.

Learning Objectives: In this lesson, students will:

- Observe some reasons people feel jealous, including the role of social media.
- Describe how feeling jealous is about YOU and your feelings.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

Video - HeroesCircle.org/SupportMaterials5

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Students bow. Lead students through a Breath Brake.

2 Introduce key concepts:



Today we will watch a video about feeling jealous. You will learn about why people might feel jealous and how that feeling is similar to envy. Pay attention to the role that social media, like Instagram, may have jealous feelings. Think about how social media impacts how people compare themselves to others, which can lead to feelings of jealousy, leaving you feeling anything but powerful.

3 Show the video:

Show the video – HeroesCircle.org/SupportMaterials5

4 Talk about key concepts:



In the video, we learned that people might feel jealous because they want something that someone else has or wish they could be as skilled, smart, or good-looking as someone else. Envy is different because it includes feelings of unhappiness, resentment, and even anger toward the person who is more fortunate than you. Jealousy is really about YOU - your feelings that you aren't good enough, that you are lacking something, or that you may lose something that you value (e.g., friendship, starting spot on the soccer team, attention from parents when a sibling arrives). Jealousy can cause anger, frustration, disappointment, anxiety, and various other emotions.

Ask students to recall what they remember from the video.

Use the following talking points to encourage students to talk about feeling jealous.

- What are some things people might feel jealous about? Responses will vary.
- Jealousy is more about YOU than it is about the other person. What does that mean? Response may include:
 - Jealousy is how you feel about what you don't have.
 - Jealousy is what you are lacking or what you might lose that you value.
 - The other person did nothing wrong – jealousy is your response to that person.
- When someone feels jealous, they can choose how to respond to those feelings. Describe a weak response and a powerful response to jealous feelings. Responses may include:
 - Weak responses: saying hurtful things, turning others against the person, starting rumors about the person, hurting or trying to hurt the person.
 - Powerful responses: talking to the person about your feelings, using a Breath Brake to calm your stress response, thinking about your own goals, and focusing on yourself.
- How can social media trigger feelings of jealousy? Give a few examples of what you might see that would trigger your jealousy. Responses may include:
 - Photos of friends hanging out together, comments by friends that hurt your feelings, posts about accomplishments, people showing off expensive things (e.g., a big birthday party, fashionable clothes or shoes, the latest technology), or when people ignore or don't respond to your posts.

5 End with Power Peace Purpose mantra:

Power Peace Purpose. Then, students bow.

Day 2: THINK



Focus: Responsible Decision Making

Students will be encouraged to think and talk about feeling jealous.

Learning Objectives: In this lesson, students will:

- Explain how you can choose to manage your feelings of jealousy.
- Analyze how feelings of jealousy can trigger a stress response and make you less powerful.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Students bow. Lead students through a Breath Brake.

2 Review key concepts:

Jealousy is a natural feeling we all experience from time to time. When you feel jealous, it may feel like you are under attack or about to lose something you value. That can trigger fear, worry, anger, and the fight or flight response. Remember, those feelings are not about the other person and what they have – that person has not done anything wrong. Instead, that stress response concerns YOU and your feelings about what you are lacking or something you are afraid of losing. This information is important because if it's about YOU, then you have the power to change it. You can choose how you respond to your jealous feelings. You can manage jealousy and the other feelings you might have - like sadness, anger, or frustration. Those feelings can lead to negative thoughts and will keep you feeling stressed. Remember, as a powerful martial artist; you always have a choice about how you respond to stress.



3 Think about key concepts:

Let's think about some situations that might trigger your feelings of jealousy when you're in class.

When you feel jealous, you naturally experience a stress response in your body – like a fast heartbeat, tension, and tight muscles. It's important to recognize the feeling and then stop to take a Breath Brake. Then, you can think clearly about what's happening around you and choose a powerful response.



4 Talk about key concepts:

Discuss the following talking points as a whole class, in a small group, or in partner pairs:

- What are some situations that might bring out feelings of jealousy? Responses will vary.
- Remember that you decide how to respond when you feel jealous. It's important to focus on yourself – your feelings, goals, behaviors, and response. How can focusing on YOURSELF recharge your emotional energy? Responses may include:
 - Refocusing can help you identify goals and work towards what you want.
 - Refocusing will help you realize that taking out your anger or frustration on anyone is unfair.
 - Refocusing can remind you that jealousy is not about the other person; it's about you.
- When you feel jealous, how can you respond powerfully? Responses may include.
 - Take a Breath Brake to think clearly and respond with power.
 - Talk to the person directly about your feelings.
 - Set a goal for what you want and work toward it.



5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

Unit 5E: Feeling Jealous

Day 3: DISCUSS

Focus: Relationship Skills

Students will engage in discussions about feeling jealous.

Learning Objectives: In this lesson, students will:

- Identify how feelings of jealousy can interfere with relationships.
- Analyze how communicating your feelings of jealousy can help you deal with them.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed: N/A

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**.

Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:

Remember the video we watched. We learned that feeling jealous is about observing someone else's quality or possession that you would like to have. Jealousy happens when you compare yourself to others. Jealous feelings are about YOU and what you desire for your joy and happiness. Jealousy is triggered when you see something you want. That can include things (like clothes or cars) and abstract concepts (like friendship, a closer family, success, attention).



Ask students to recall and describe other key concepts from the video.

Encourage them to identify other jealousy triggers.

3 Discuss key concepts:

Today, we will talk more about how feeling jealousy and our response to it can significantly affect relationships. Remember, we can always choose a powerful and kind response that allows us to express our feelings while being respectful of others. It's not always easy to choose a powerful response; it takes practice. You are a powerful martial artist and have the tools to help you.



Use these talking points to encourage discussion as a class, in small groups, or partner pairs:

- If you felt jealous of a friend, how could talking to that person about your feelings help? Responses may vary.
- Give a reason why siblings might feel jealous of each other. Responses will vary.
- If you don't communicate your jealous feelings, what could happen? Give an example. Responses will vary.
- How could feel jealous lead to arguments and conflicts? Give an example. Responses will vary.
- If your friend was feeling jealous of you, what could you say or do to help alleviate his/her stress? Responses will vary.



4 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.

Day 4: APPLY

Focus: Self-Management

Students will work independently to apply the concepts from the video to a self-reflective activity about feeling jealous.

Learning Objectives: In this lesson, students will:

- Reflect on personal feelings of jealousy.
- Identify powerful strategies for managing feelings of jealousy.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET - 5E: FEELING GRATEFUL > FEELING JEALOUS

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Students bow. Lead students through a Breath Brake.

2 Review key concepts:



Yesterday, we talked about how feelings of jealousy can affect the way people communicate with one another and possibly interfere with relationships if the feelings aren't managed powerfully. It's good to directly communicate your feelings to the person when you feel jealous. Naming your feeling and expressing it is the first step in managing them. If you've seen things on your social media feed that have you feeling jealous and stressed, turn it off, and walk away. It's easy to get trapped in an endless spiral of comparing yourself to others.

3 Personalize key concepts:

Today you will reflect on your experiences with feeling jealous. Think about your jealousy triggers and how you feel your stress response. Then think about how you have responded to jealousy and stress in the past. How would you describe or rate that response? Remember, you can always choose how to respond; it should be respectful, kind, and powerful

Use the following talking points to encourage students to reflect and personalize the key concepts.

- Describe a recent situation that triggered your jealousy. Describe your stress response. Where did you feel muscle tightness or tension in your body? Responses will vary.
- When you recognize your jealous feelings and stress response, describe how the Breath Brake could help you respond mindfully and powerfully. Responses will vary.
- What are some positive self-talk statements you could use to combat feelings of jealousy? Responses may include:
 - I can focus on my happiness and joy instead of comparing myself to others.
 - I am grateful for what I have.
 - I can set a goal to get what I want. With hard work and commitment, I can get it.
- What could you say to help someone who is feeling jealous of you? Responses will vary.

Apply key concepts:

4

In the video, Sensei Richard reminded us to focus on ourselves rather than the other person who may have triggered our jealous feelings. He explained that it is helpful to focus on what you have instead of what you don't have. Identifying what you are grateful for is a great way to shift your emotional focus back to YOU and what you have that brings you happiness and joy. Being grateful helps you to focus on the positive rather than the negative. Sometimes taking a Breath Brake to blow out the darkness of the bad feeling can really help.

5

Distribute the ACTIVITY SHEET - 5E: FEELING GRATEFUL > FEELING JEALOUS. Ask students to work independently to complete the activity sheet.

End with Power Peace Purpose:

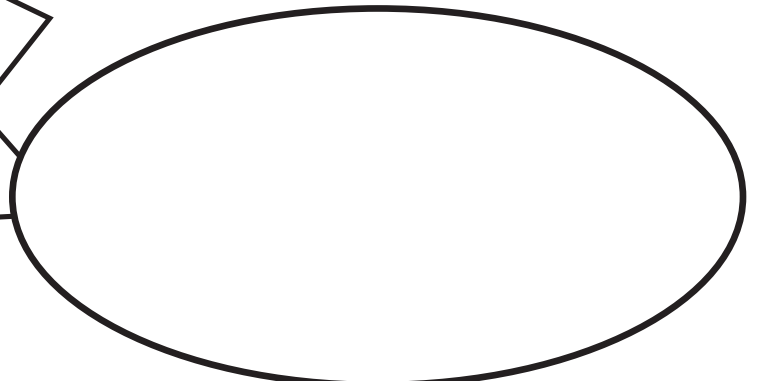
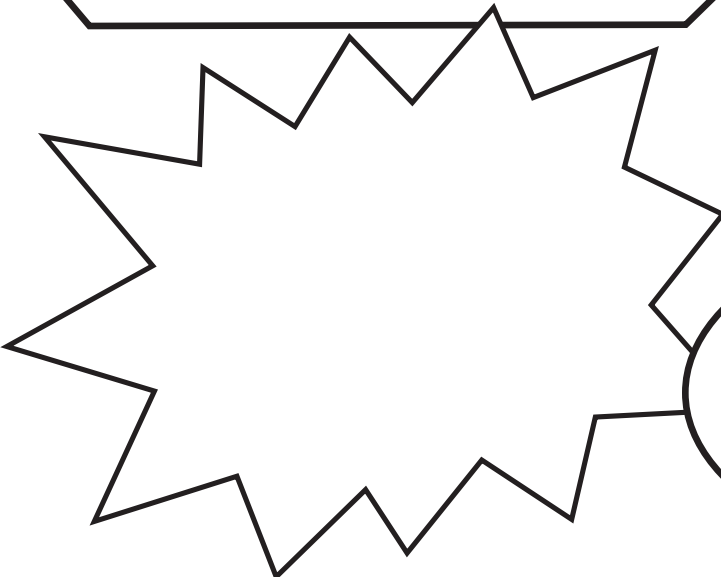
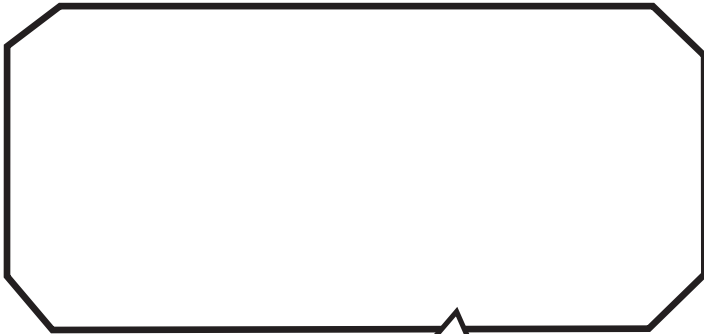
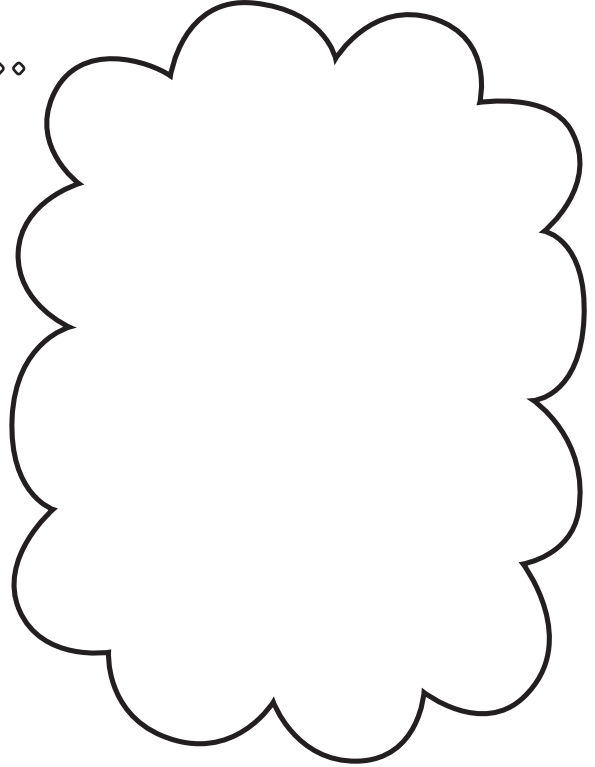
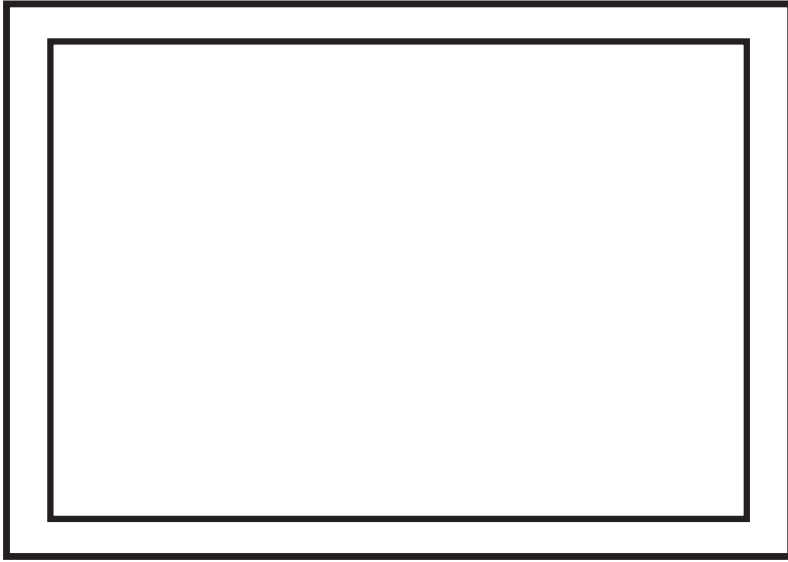
Power Peace Purpose. Then, students bow.

Activity Sheet - 5E: FEELING GRATEFUL > FEELING JEALOUS

Name _____ Date _____

Draw pictures or write words to show all the things you have, for which you are grateful. Think about people, pets, friends, qualities, skills, and possessions that bring you happiness and joy.

I AM GRATEFUL FOR...



Day 5: SHARE



Focus: Self-Awareness

Students will share their learning about feeling jealous.

Learning Objectives: In this lesson, students will:

- Share insights and observations about feeling jealous.
- Share what they feel grateful for and what brings them joy and happiness.
- Practice the Breath Brake and repeat the **Power Peace Purpose** mantra.

Time Requirement:

15 minutes



Materials Needed:

ACTIVITY SHEET - 5E: FEELING GRATEFUL > FEELING JEALOUS

Lesson Process:

1 Begin with a Breath Brake:

Begin with the mantra **Power Peace Purpose**. Then, students bow. Lead students through a Breath Brake.

2 Review key concepts:



This week, we learned about feeling jealous and how that can lead to a stress response. We learned more about jealousy triggers and how to deal with those feelings effectively, kindly, and powerfully. If we don't manage jealous feelings, they could lead to other feelings, arguments, conflicts, negative thoughts, and additional stress.

3 Share the learning:



Today, you will share your learning about feeling jealous. You can share how you plan to improve the way you manage jealousy. You can also share your list of things that make you feel grateful, bring you joy, and all the things that shift your emotional focus from negative to positive.

Ask students to reflect on their completed activity sheet, ACTIVITY SHEET – 5E: FEELING GRATEFUL > FEELING JEALOUS, and share their responses with the class, in small groups, or with a partner.

Use the following talking points to encourage students to share more about their learning:



- How can focus on your happiness and joy combat jealous feelings? Responses will vary.
- When you feel jealous and have a stress response, how could the Breath Brake help you? Responses will vary.
- As a powerful martial artist, you control your brain – how can you take control over your jealous feelings and thoughts? Responses will vary.
- How could you respond powerfully when something on social media triggers your jealousy? Responses will vary

4 Summarize key concepts:



We learned about feeling jealous and how that is not about the other person – it's actually about YOU and your perception of something you lack or that you fear losing something of value. As a powerful martial artist, recognize your jealous feelings and choose a more powerful response. Refocus your emotional attention on YOU - your feelings, goals, values, what you have, and what brings you peace, joy, and happiness.

5 End with Power Peace Purpose:

Power Peace Purpose. Then, students bow.