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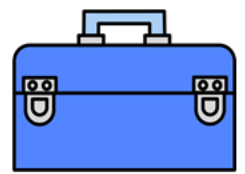
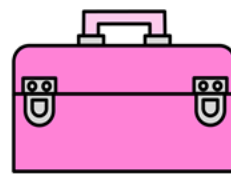
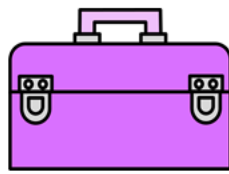
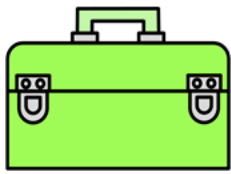
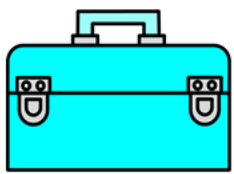


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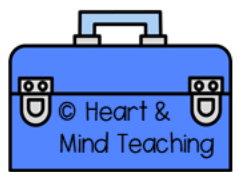
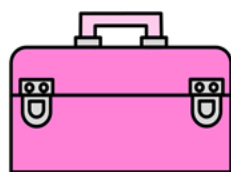
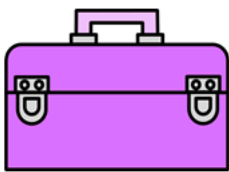
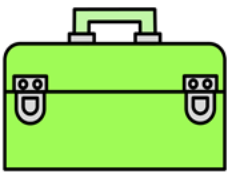
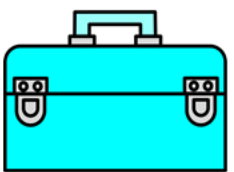


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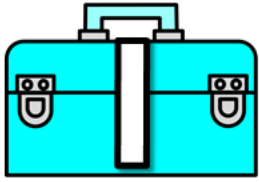
♥
Ashley



BEHAVIOR TOOLBOX Jealous



BEHAVIOR TOOLBOX



Jealous

What it looks like

*Student shows strong negative feelings toward certain people who have things that this student wants. This could be items, friendships, opportunities or awards/praise.

*He/she may pick one particular student and target their jealousy towards them.

*This student gets jealous over the smallest things, just as much as the significant things, and is easily provoked.

*He/she often tells others what they can and cannot do, they can be very controlling.

*He/she will make the other feel like they are not good enough, in an effort to disguise their own painful emotions.

*This student will rarely say what they will do to solve the problem they found, they are not doing it to be productive.

*Other students, especially the one who is the target of the jealousy, are upset and feel rejected

*The jealous student will try to block the target's achievement, and seek to punish them for successes they wish they had themselves.

Jealous

BEHAVIOR TOOLBOX



Jealous What to do

*You have to confront the behavior to change it. Meet with the student in private and attempt to get them to see that they are acting jealous. Use the word jealous, do not call it anything other than what it is. Get the student to admit that they are jealous, that's the first step towards change. This may take some time and multiple talks. The next step is getting them to admit it to the person they are jealous of. Help the student with their wording, provide examples like "I feel left out" or "I just want to be accepted like you are." Use I statements instead of You-statements. Saying "You have everything" makes both students feel defensive.

*When speaking to the student, say "I wanted to talk to you about the way you have been treating your classmate, I worry that it is making you look bad to others" Give the student time to respond. Use the student's name, "David, I think I know what is bothering you. Let me know if I am off track, but I think Bob is getting some opportunities that you are not getting and that is making you a little jealous, am I on the right track? Pause for response. Say "You have many positive qualities that I am sure others wish they had, such as (list their strengths). You need to use those strengths to create your own successes and being jealous can get in the way of you being successful."

*Explain to the student that they need to be accountable for their behavior and suggest they make the choice to give up their jealousy, because it's hurting others and themselves. It makes others view them as unfriendly. Also, focusing so much time on another person gives that person control over your life and thoughts. Letting it go, gives yourself back the power and control. You can control your thoughts and choose to view the person differently. Next time instead of thinking, "She always gets an A", think "wow she must study really hard to get all A's, good for her."

*Explain you want to help them but will not allow other students to be hurt in your classroom. Encourage the student to talk to you, a parent, or a trusted adult like a School Counselor about their jealous feelings when they notice them happening. Explain that you will speak to them each time you see jealous behavior to help them focus on rational thoughts. Question those irrational thoughts, "Does this person really have EVERYTHING, are they ALWAYS perfect, do they ALWAYS get their way?" Their jealous feelings are making them see things irrationally, help them recognize that.

Jealous

BEHAVIOR TOOLBOX



Jealous

What NOT to do

*Do not allow the student's behavior to continue, it will create a toxic environment for the target and classmates.

*Do not give up, it will be difficult for this student to change their behavior and more importantly their thoughts.

*Do not solely focus your discussion on how the target feels, the jealous student is also in pain or would not be acting this way. They are envious of the other person and lashing out is the only outlet they have for their own struggles.

*Do not tell the student their feelings are wrong, this will cause the student to shut down, instead guide them to see the way they view the other student may be unfounded.

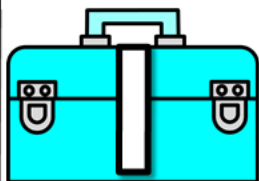
*Do not neglect to get insight from parents, there may be something going on at home that they are willing to share. This may give you a better idea of what the student is thinking and feeling.

*Do not address this issue alone, seek the guidance of a School Counselor, this student may need help expressing their feelings.

Jealous

BEHAVIOR TOOLBOX

Jealous Quick Guide



What it looks like

*Student shows strong negative feelings toward certain people who have things that this student wants. This could be items, friendships, opportunities or awards/praise.

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*He/she will make the other feel like they are not good enough, in an effort to disguise their own painful emotions.



What to do

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*Explain to the student that they need to be accountable for their behavior and suggest they make the choice to give up their jealousy, because it's hurting others and themselves. It makes others view them as unfriendly.

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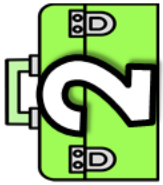


What NOT to do

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*Do not solely focus your discussion on how the target feels, the jealous student is also in pain or would not be acting this way. They are envious of the other person and lashing out is the only outlet they have for their own struggles.

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2 Jealous

What to do (Cont.)

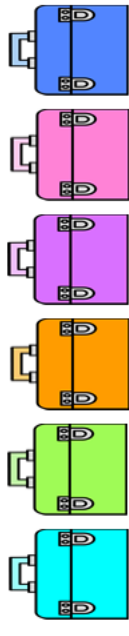
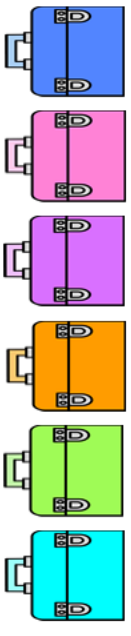
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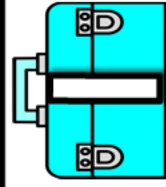
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"A change in
behavior
begins with a
change in
the heart."

BEHAVIOR TOOLBOX

Jealous





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2 Jealous

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3 Jealous

What NOT to do

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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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