

# Art With Heart

## Lesson #10

### Behavioral Issue:

Unable to deal with feelings of jealousy

### Objective:

- Students will recognize their angry or fearful emotions, and when applicable, make the connection to feelings of jealousy.
- Students will understand how to deal with these upsetting feelings of jealousy.

### Materials:

Art With Heart by Julie Woik

Forms for this Activity

Pencil

### Activity:

Read the Art With Heart book to the student/s participating in this activity. Discuss Pibble Dee Pencil's loss of confidence, and her feelings of jealousy towards Bellamy Brush. Talk about the different emotions one can experience when they feel jealousy. Talk about the different reasons someone might be jealous of someone. Then talk about what can be done. Ask the student/s to fill out the forms. Writing their feelings down will help them pinpoint the exact problem and will help them move through the jealous emotions. They will also come to recognize their value, which in turn will build their confidence!! Yahooooooooooooo!!!

### Assessment:

Students will discover an effective way to work out their feelings of jealousy. They'll gain a positive attitude by focusing on THEIR good qualities and abilities. This focus will help them become grateful for what they have. Gratefulness is power!