



What to Do  
When It's

# NOT FAIR

A Kid's Guide to  
Handling Envy  
and Jealousy

by Jacqueline B. Toner, PhD, and Claire A. B. Freeland, PhD  
illustrated by David Thompson



## CHAPTER ONE

# Yo Ho Ho!

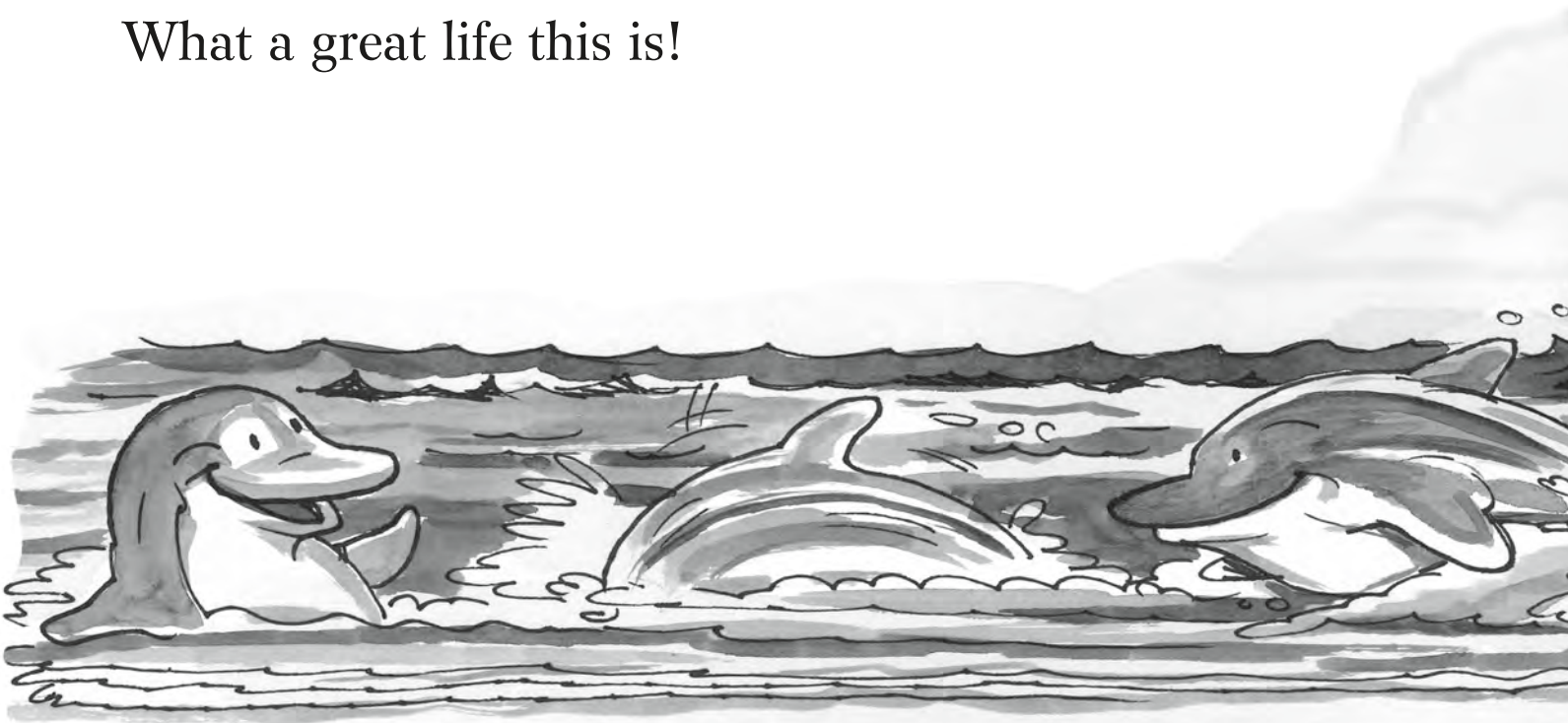
**I**t's fun to pretend to be a pirate.

You go aboard your ship with your mates, sail the mighty seas, and look for treasure.

Your trusty parrot is on your shoulder, the sun is shining, and your treasure map is pointing you to a huge chest of gold coins.

“Yo ho ho,” you call out.

What a great life this is!

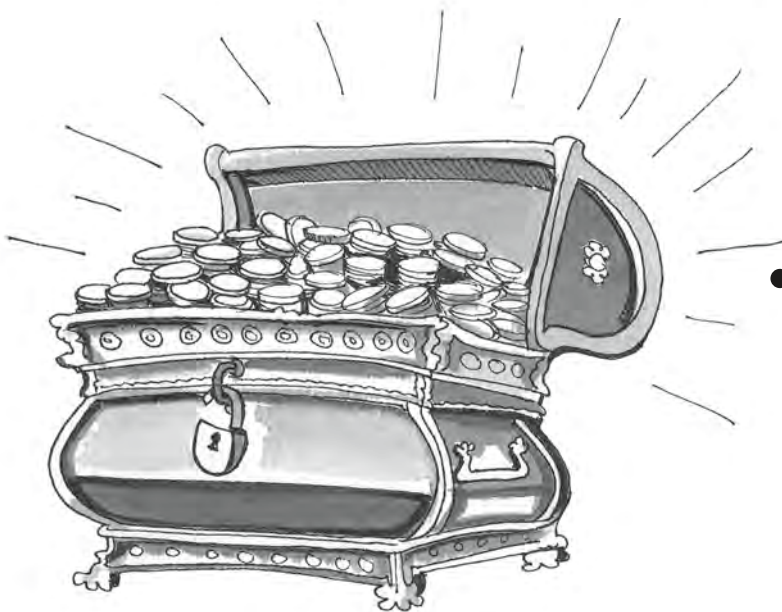






A fantastic day for a pirate might include:

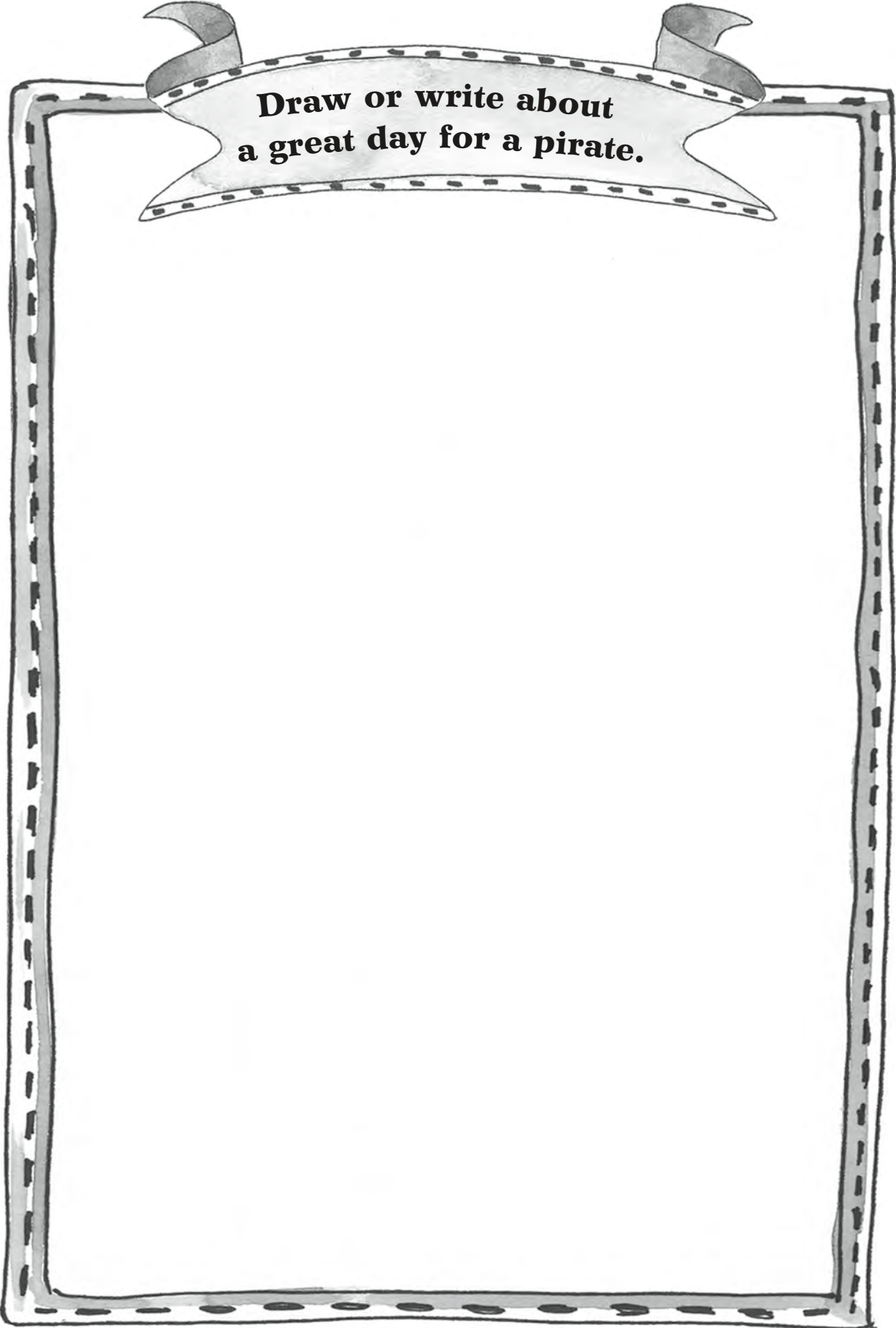
- A big pirate ship with a crew of strong and courageous shipmates.



- An enormous chest of the finest gold coins.

- A loyal parrot for a pet.





**Draw or write about  
a great day for a pirate.**

What makes you happy?

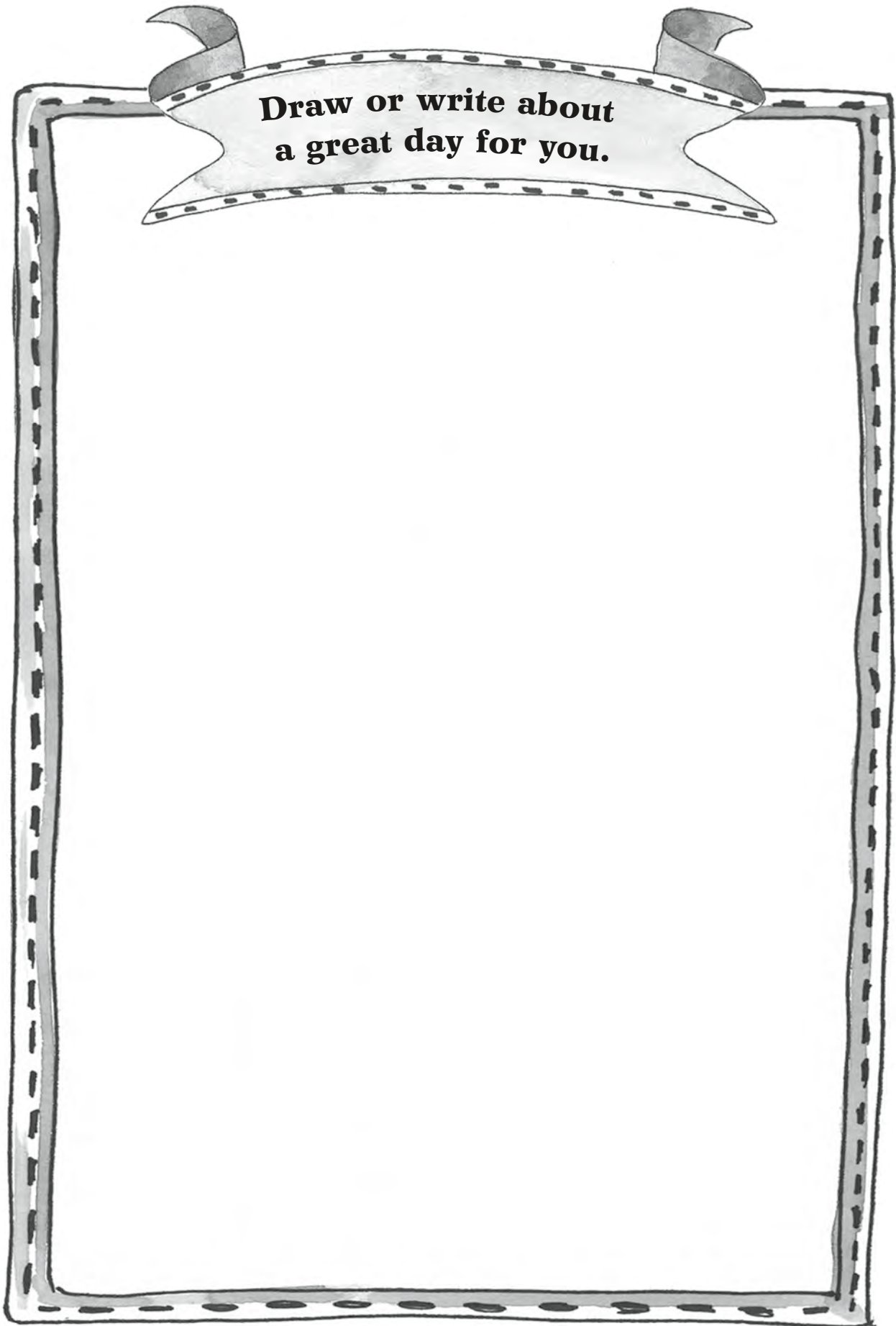
Lots of kids feel that an especially happy day might include getting special attention, receiving a new toy, winning a game, or going somewhere super cool.

It feels good to win and to have special treats and activities.

Now that you've created a pirate's dream day, imagine one of your own.

What's your idea of a fantastic day?





**Draw or write about  
a great day for you.**



Wouldn't it be wonderful to be happy all the time?

But nobody is happy all the time. Sometimes stuff happens that gets in the way of having a happy day, like when a pirate accidentally drops his gold when he's carrying it back to his ship, and it falls to the bottom of the sea. That would certainly mess up a really great pirate day.

Sometimes a great day is ruined not by bad events or bad luck, but by certain feelings that get in the way. One feeling that can get in the way is **ENVY**. Envy is a feeling that happens when someone else has something you think is better than what you have, or does something better than you, or gets more attention than you do.

Here's how it works:

Remember that huge treasure chest of gold? Suppose our happy pirate spies another pirate ship and right there on deck is an even bigger chest of gold than his. Before, the pirate was thinking, "I have a great, huge treasure." Now the pirate may think, "My treasure is not so big after all. I want a bigger treasure." He went from really happy to upset because envy got in the way.

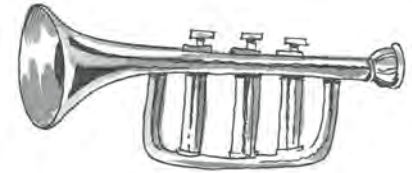


Have you ever felt upset without really knowing why or what to do about it? Have any of these situations happened to you?

- You spend all day putting together a Halloween pirate costume from items you have around the house. Your friend has a really authentic-looking one his mom bought for him. You **envy** your friend's amazing costume.



- You try out for a trumpet solo, but you aren't picked. You **envy** the kid who was picked for the solo.



- You miss kicking what would have been the winning goal. You **envy** the other team's win.

Envy is the feeling that a person has when they want something that someone else has. Notice that in each situation someone else has something better or wins at something or gets more attention—that is, in each case someone else is involved. You don't feel envy unless you are comparing yourself or what you have or your situation to someone else's. Remember, the pirate with the gold coins was satisfied with his treasure until he saw another pirate with even more treasure. Then he envied the other pirate.

Envy has its good points. If you envy how well someone plays the piano, you might decide to practice more. If you envy a friend's toy, you might help out around the house by taking on extra chores to earn the money to buy one for yourself. If you envy your classmate's math skills, you might work harder in school.

But envy can cause problems. It can put you in a bad mood. And when you're in a bad mood, you might do something that gets you in trouble. Envy can make you frustrated and make you give up trying.

Think about a time you felt so much envy that you got really upset. Maybe your friend came to school with a really neat toy that you wanted. Maybe your sister got to go someplace with your grandma that you wanted to go. Maybe your neighbor's picture was in the newspaper for winning the gymnastics tournament. Maybe a group of kids went to the movies and didn't invite you. Or maybe it was something else that was **NOT fair!**

Show or describe how you felt in the box on the opposite page.





This book will teach you about causes of envy and how to handle this tough feeling, so you can sail the high seas with pleasure!

What-to-Do  
Guides for Kids®

# What to Do When It's NOT FAIR

A Kid's Guide to Handling Envy and Jealousy

**H**ave you ever noticed how pirates use a spyglass to focus in on other ships or land in the distance? While they focus in on small things in the distance, they miss seeing other things around them. Sometimes they miss having fun. Sometimes they miss the beautiful treasure they already have!



Just like a pirate using a spyglass, kids may focus in on one thing that they want, and not notice all the good things they already have. If you're a kid who thinks "it's not fair," this book is for you!

*What to Do When It's Not Fair* guides children and their parents through the difficult emotions of envy and jealousy using strategies and techniques based on cognitive-behavioral principles. This interactive self-help book is the complete resource for educating, motivating, and empowering children to cope with envy—so they can sail the high seas with pleasure!

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Helping Kids Live Happier Lives

*What to Do When It's Not Fair* is part of  
Magination Press's award-winning  
What-to-Do Guides for Kids® series  
that includes



**What to Do When You Grumble Too Much**  
A Kid's Guide to Overcoming Negativity



**What to Do When  
You Worry Too Much**  
A Kid's Guide to  
Overcoming Anxiety

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