

THE * WAY * I * FEEL * BOOKS

When I Feel Jealous

WRITTEN BY Cornelia Maude Spelman

ILLUSTRATED BY Kathy Parkinson



*For that child who sometimes feels jealous.—C.M.S.
For Tansy, with lots of love and pats.—K.P.*



Books by Cornelia Maude Spelman

After Charlotte's Mom Died ~ Mama and Daddy Bear's Divorce
Your Body Belongs to You

The Way I Feel Books:

When I Care about Others ~ When I Feel Angry
When I Feel Good about Myself ~ When I Feel Jealous
When I Feel Sad ~ When I Feel Scared
When I Miss You

Library of Congress Cataloging-in-Publication Data

Spelman, Cornelia.

When I feel jealous / by Cornelia Maude Spelman ; illustrated by Kathy Parkinson.

p. cm.—(The way I feel)

Summary: A young bear describes situations that make her jealous, how it feels to be jealous, and how she can feel better.

ISBN 10: 0-8075-8886-5 (hardcover) ISBN 10: 0-8075-8902-0 (paperback)

ISBN 13: 978-0-8075-8886-4 (hardcover) ISBN 13: 978-0-8075-8902-1 (paperback)

[1. Jealousy—Fiction. 2. Bears—Fiction.] I. Parkinson, Kathy, ill. II. Title. III. Series.

PZ7.S74727Whk 2003 [E] —dc21 2003000239

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Published in 2003 by Albert Whitman & Company, 6340 Oakton Street, Morton Grove, Illinois 60053-2723.

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The design is by Carol Gildar.

For more information about Albert Whitman & Company,
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ISBN 978-1-4804-5457-6 (ebook)

Note to Parents and Teachers

“Jealousy is a prickly, hot, horrible feeling.” We all can probably relate to this description of one of our most unpleasant emotions. Yet jealousy is universal and unavoidable—even animals (as anyone who has a pet can attest) act jealous.

When we were children, we may have been told that it was “not nice” to feel jealous. Perhaps we learned to feel ashamed of such a “not-nice” feeling. But feelings are just feelings, neither good nor bad, and jealousy is one of them. Like the others, it can be acknowledged (not necessarily to the one of whom we are jealous, but to someone) and managed. In order for us to help our children with their jealousy, we first need to become accepting of our own.

Jealousy arises in situations that cause us to question our importance to others—are we okay as we are? Are we valued? Such doubts cause adults great anxiety; for children, who are completely dependent for their survival on affirmative answers to those questions, that anxiety can be intense.

So, to minimize jealousy, we can try to avoid comparing children; avoid setting up competitive situations where one child’s “first” means another’s “last.” We can value individual differences and individual contributions, and reassure children of their essential worth.

And, when jealousy inevitably arises, we can affirm that while we all feel it, we can learn how to cope with it—without hurting others—by naming it, sharing it with someone we trust, and enduring it, with the knowledge that it will pass. We can remind children that each of them has his or her own way of being and doing, and that each child is unique and valuable.

Cornelia Maude Spelman

Sometimes I feel jealous.





I feel jealous when I think my mommy likes
someone else better than me



or when my friend plays with someone else
more than she plays with me.