

Assembly on Dealing with Jealousy

Slide 1

What emotion do you think these people are feeling?

“Oh I would just be happy if I had that bike!” “Why didn’t I get a certificate?” “I won’t say well done because I wanted to win!”

Ask the children. Answer: They’re feeling jealous

Slide 2

Show the video: [Video Link](#)

Do watch this through first to check you are happy with it.

Have you ever felt like Ari?

Ari thought it would be fun to hide his brother’s trophy because he’s jealous, how does Ari feel now?

Get some suggestions from the children.

Possible answers: he regrets what he did, doesn’t find it funny because his brother’s upset, didn’t realise the consequences of what he did but now he does

Ari had jealous thoughts and feelings, which everyone gets from time to time, and this led him to do a mean thing to his brother which he later regretted.

Slide 3

There is a story in the Bible about jealousy.

It’s about two brothers called Cain and Abel.

Cain brought a gift to God from the field. Abel also brought a gift, but from the firstborn animals of his herd (these were particularly special) and the best cuts of meat. God liked Abel and his offering, but Cain and his offering didn’t get God’s approval. Cain lost his temper and went into a sulk.

6-7 God spoke to Cain: “Why this tantrum? Why the sulking? If you do well, won’t you be accepted?” - God is saying to Cain if he does good and tries hard, good things will come to him too.

God said: “And if you don’t do well, sin is lying in wait for you like an animal, ready to pounce; you’ve got to get control of it”. - This part of the story reminded me of the green eyed monster from the video!

Unfortunately Cain didn't listen to God, but he listened to the monster.

⁸Cain told his brother, "Let's go out to the field". While they were out in the field, Cain rose up against his brother Abel and killed him.

Slide 4

This is a very extreme example of when jealousy can become a BIG FEELING which is out of control.

When we have big feelings, we must calm down first.

What can we do to calm down?

By: walking away, telling an adult, taking deep breaths.

How can we can avoid being jealous in the future?

By: being thankful, using kind words and working towards our own goals

Slide 5

So, to sum up, how do we deal with jealousy?

- Calm down first by: walking away, telling an adult, taking deep breaths
- Say "No!" to the green-eyed monster and "No!" to the jealous thoughts
- Be thankful for what we do have
- Say "Well done!" and be happy for others
- Keep trying hard and doing good things

Slide 6

Remind the children that they can take part in the prayer if they want for saying amen at the end.

Dear God,

We know that we all feel jealous sometimes and that there are times when we want something that someone else has.

Please help us to choose to be happy with who we are and what we have.

Please help us to be thankful.

Amen