

Ollie the Owl Learns About Jealousy

Lesson Objective:

Children will learn to recognize and manage feelings of jealousy, focusing on gratitude, empathy, and healthy emotional expression. This will be achieved through storytelling, music, role-play, and art activities.

Materials Needed:



- The story “*Ollie the Owl Learns About Jealousy*”
- The song “*Ollie the Jealous Owl*”
- Ollie’s Wise Choices Poster
- Paper and pencils, crayons and markers, stapler/glue stick
- Activity 1- Jealous Role-play
- Activity 2- Gratitude Collage worksheet
- Home Connection Letter

Introduction to the Topic (10 minutes)

Greeting Outline:

- Welcome the children and have them sit in a circle (if applicable)
- Begin with a brief discussion on the emotion of jealousy.

Greeting and Circle Time Teacher Script

- **Warm Welcome and Opening Discussion:**
 - "Welcome, friends! Let's sit in a circle. Today, we are going to talk about a feeling we can all have sometimes—jealousy."
 - (Allow children to share their thoughts and gently encourage anyone who may feel hesitant to participate.)
- **Discussion Starter**
 - "Have you ever felt upset when someone else got a new toy or did something fun, and you wished it was you?"
 - **(Pause for responses.)**
"Jealousy is a normal feeling, and it's okay to feel this way. But today, we are going to learn how to manage jealousy so it doesn't make us feel bad for too long. "

Read the Story (15 minutes)

Story Time Outline:



- Read the story “*Ollie the Owl Learns About Jealousy*” aloud to the class
- Engage the children by asking questions during key parts of the story

Story Time Teacher Script:

Prepare the Students for the Story:

- a. “We’ll read a story about Ollie the Owl and see how he learns to handle these feelings. We will also learn that when we focus on what we already have, jealousy starts to go away!”
 - b. (Read the story aloud, pausing at key moments to ask questions and engage the children.)
- **Read the Chapter with Emphasis on Key Moments:**
 - **While reading**, pause during key moments.
 - **Ask Questions:**
 - “Who are Ollie’s friends in the story?”
 - “What new toy did Benny Bear have?”
 - “What was Harriet Hare riding?”
 - “How do you think Ollie felt when he saw their toys?”
 - “Can you show me with your face how Ollie might have looked when he felt jealous?”
 - “Who did Ollie talk to when he felt sad?”
 - “Have you ever felt like Ollie—wishing you had what someone else had?”
 - “What did Grandma Owl say to help Ollie feel better?”
 - “What are some things Ollie remembered that make him happy?”
 - “What did Ollie do after he talked to Grandma?”

Ollie the Owl Learns About Jealousy

In a forest green and bright,
Lived Ollie the Owl, with wings so light.
With feathers soft and eyes so wide,
He loved to play and often glide.

One day, Ollie saw his friends,
With shiny toys and lovely trends.
Benny Bear had a new red kite,
Harriet Hare a bike so bright.

Ollie felt a pang inside,
A feeling he couldn't hide.
"Why don't I have toys like they do?"
He felt so sad and a little blue.

Grandma Owl, so wise and kind,
Saw the trouble in Ollie's mind.
"Ollie dear, what's bothering you?
Come sit with me, let's talk it through."

"Grandma," Ollie said with a sigh,
"Everyone has toys that fly.
Benny has a kite so high,
And Harriet's bike makes her fly by."

Grandma nodded, understanding well,
"Jealousy's a feeling we all can tell.
It's okay to feel this way,
But let's find a better way."

"When you feel jealous, take a pause,
Think of all you have, because
You have things that make you glad,
Things that always cheer you up when
you're sad."

Ollie thought of his favorite tree,
His cozy nest where he felt free.
He thought of friends and games they
played,
And all the fun they'd made.

"Focus on the good you've got,
Jealous feelings will matter not.
Celebrate your friends' new toys,
Join them in their fun and joys."

Ollie nodded, feeling bright,
He thanked Grandma for her insight.
He flew to find his friend, Benny Bear,
And saw the red kite flying in the air.

"Benny, can I join your play?
Your kite is awesome in every way!"
Benny smiled and shared the string,
Ollie felt his heart take wing.

Next, he found Harriet Hare,
Riding her bike without a care.
"Harriet, your bike is really neat,
Can I try it down the street?"

Harriet grinned and let him ride,
Ollie felt joy deep inside.
The jealousy began to fade,
With the fun and friends he made.

Ollie learned that very day,
That jealousy can go away.
By sharing joy and feeling glad,
He found there's no need to be sad.

So remember, Ollie, wise and bright,
Who learned to handle jealousy right.
With friends and fun, and a grateful heart,
Jealous feelings will depart.

Ollie the Owl, with heart so true,
Found joy in all he'd do.
With Grandma's wisdom and friends so
dear,
He handled jealousy without fear.

- **Post-Chapter Teacher Script**
- **Teacher:** “Today, we learned from Ollie that it’s okay to feel jealous sometimes—it’s a normal feeling! But we also learned that when we stop and think about the good things we have, and when we share joy with our friends, those jealous feelings can go away. Just like Ollie, we can feel better by being thankful, asking to join in, and cheering on our friends. Great job, everyone—your hearts are growing so kind and strong!”

4. Post-Chapter Questions

Ask these questions to help students reflect on the chapter and connect it to their own experiences:

- “What is jealousy?”
- “Why did Ollie feel jealous?”
- “What helped Ollie feel better?”
- “Can you name something special Ollie already had?”
- “What did Ollie do with Benny’s kite?”
- “How did Ollie feel when he played with his friends?”
- “Have you ever felt jealous before? What happened?”
- “What could you do if you feel jealous next time?”
- “Why is it kind to be happy for our friends when they have something new?”
- “What can we remember from Ollie’s story about feeling jealous?”

Sing the Song (10 minutes)



- Teach the children the *Ollie the Jealous Owl* song
- Sing the song together a few times, encouraging the children to join the actions.

"Now, let's listen to a fun song about our feelings. This song will help us practice what to do when we feel jealous."

"Ollie the Jealous Owl"

Hand Movements

[Verse]

Ollie the owl in the tree so high
Saw his friends flying by
He felt a twinge, didn't understand
Why his heart sank in the sky

Arms up high like tree branches
Flap hands

Palms on heart, sweep downward motion

[Verse 2]

Hooted loud in the night, so blue
Why can't I do what they do
Jealousy curled in his feathered chest
Made him feel oh so stressed

Cup hands around mouth
Shrug shoulders
Fist against chest
Wipe forehead with hand

[Chorus]

Flap your wings, Ollie, move on through
Find your own skies and your truth
Jealousy's a feeling that'll pass
Just gotta give it some time,

Flap hands
Palm over heart
Wave goodbye
Tap wrist with finger

[Verse 3]

Lean on friends, talk it out
Find what it's all about
Ollie learned it's not so bad
Sharing the things that made him sad

Link arms with neighbors
Shrug shoulders

[Bridge]

Feelings are a part of life
Sometimes hard, sometimes right
Embrace the green, but let it go
Find your path and let it show

Palms over heart, sweep upward
Fists in front, finger points upward
Give yourself a hug
Hand in wavy motion

[Chorus]

Flap your wings, Ollie, move on through
Find your own skies and your truth
Jealousy's a feeling that'll pass
Just gotta give it some time.

Flap hands
Palm over heart
Wave goodbye
Tap your wrist with your finger

Song Wrap-up

"This song helps us remember that it's ok to have big feelings like jealousy, but to also remember that talking about it and working through those feelings are important."

Do an Activity (20 minutes)

- Students will work with the feeling of jealousy to learn to handle these feelings prosocially and identify areas of gratitude.

Please choose from the following 2 activities:



Activity 1: Jealousy Role-play (15 minutes)

Introduce Activity

"Now we are going to practice what to do when we feel jealous. We will act out situations where jealousy might happen and think of ways to handle it kindly."

Activity Instructions

- **Divide the class into pairs or small groups.**
- **Distribute emotion cards** with different jealousy scenarios (e.g., a friend gets a new toy, someone wins a game).
- **Explain:** "Act out the scene, and then we'll talk about what we can do to feel better."

Have them act out the scenario and then discuss how they can handle their feelings of jealousy in a positive way.

Encourage them to think of solutions like sharing, focusing on what they have, or talking to a friend.

- **After each role-play, ask questions:**
 - "How did it feel to act out this scene?"
 - "What could you do next time you feel jealous?"
 - "What would Ollie the Owl do?"

Teacher Script (after role-play):

"Great job, everyone! Remember, it's okay to feel jealous sometimes. But we can talk about it, focus on the good things we have, and celebrate our friends' happiness."

Here are ten scenarios that might cause jealousy in kindergarten children, which can be used for the "Jealousy Role-Play" activity:

1. New Toy: One child brings a new toy to class that everyone wants to play with.

2. Birthday Party: A child talks about a recent birthday party that everyone wasn't invited to.
3. Teacher's Attention: A child receives more attention from the teacher for good behavior or doing well in class.
4. Winning a Game: One child wins a game or race, and others feel left out or less successful.
5. New Clothes: A child wears a new outfit that gets a lot of compliments.
6. Friendships: Two best friends spend a lot of time together, making another child feel left out.
7. Art Project: A child's art project is praised and displayed, while others' projects are not.
8. Sharing Snacks: A child has a special snack that others do not have.
9. Playtime Roles: One child always gets to choose the game or role during playtime.
10. Special Privileges: A child gets to be the line leader or has another special privilege that others want.



Activity 2: Gratitude Collage (15 minutes)

Introduce Activity

"When we feel jealous, it helps to think about all the good things we already have. Now we are going to make a 'Gratitude Collage'—a picture of all the things that make us happy."

Activity Instructions

1. **Distribute supplies:** Give each child a Gratitude Collage Worksheet and access to crayons, markers, and scissors.
2. **Explain the task:** "Draw or cut out pictures of things you love—your family, pets, toys, or favorite activities. Glue them onto your paper."
3. **Encourage sharing:** After they finish, invite the children to show their collages and explain what they included.

Teacher Script:

"See how much we have to be grateful for? When we focus on these things, jealous feelings start to shrink."

Wrapping it Up

Wrap Up the Lesson (5 minutes)

1. Review and Reflection Overview:

- After students complete their reflections, invite volunteers to share what they learned from their reflections.
- Encourage students to continue using the strategy in their daily lives

Review and Reflection Teacher Script



1. **Gather in a Circle for Reflection:**

- "Let's all come back together in a circle."

2. **Closing**

How did Ollie the Owl feel when he saw his friends with new toys? What did he do to feel better?"

Discussion Questions:

- "How can we handle jealousy in a healthy way?"
- "What will you do next time you feel jealous?"
- "How did making a gratitude collage make you feel?"

Teacher Script:

"Jealousy can be tough, but when we focus on what we have and talk to our friends, those feelings go away. And when we celebrate others, we feel even happier!"

Home Connection Letter

1. **Sending Information Home:**

- "Before you go, I have a letter for you to take home that explains what we learned today in class."
- Hand out the letters as the children prepare to leave.

Parent Letter

Sending Information Home:

- Provide each child with a letter to take home to their parents explaining the lesson.

Dear Families,

Today in class, we learned about handling feelings of jealousy through the story "Ollie the Owl Learns About Jealousy."

This story teaches children that it's okay to feel jealous, but there are healthy ways to manage these feelings.

Here's what we learned:

- Understanding Jealousy: Recognizing the feeling and understanding that it's normal.
- Managing Jealousy: Focusing on what we have and sharing with friends can help reduce jealousy.
- Expressing Emotions: Practicing how to handle feelings through art and role-playing activities.

We practiced these concepts by creating "Gratitude Collages" and/or participating in a "Jealousy Role-Play" activity.

You can help reinforce this at home by encouraging your child to talk about their feelings and finding ways to share and appreciate what they have.

Thank you for your support.

With gratitude,



New Toy: One child brings a new toy to class that everyone wants to play with.

Birthday Party: A child talks about a recent birthday party that everyone wasn't invited to.

Teacher's Attention: A child receives more attention from the teacher for good behavior or doing well in class.

Winning a Game: One child wins a game or race, and others feel left out or less successful.

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Special Privileges: A child gets to be the line leader or has another special privilege that others want.

I am grateful for...

