

[PDF] What To Do When It's Not Fair: A Kid's Guide To Handling Envy And Jealousy (What-to-Do Guides For Kids)

Jacqueline B. Toner, Claire A. B. Freeland - pdf download free book



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Description:

Envy and its cousin, jealousy, are feelings that adults and children confront on a regular basis. But adults are able to recognize what children cannot: desires and envy come and go. Some children can struggle with envy and react negatively to the good fortune of others.

What To Do When It's Not Fair is designed to help children learn to cope with envy and jealousy. Children will learn to identify triggers that lead to envy and to develop alternative thoughts that can reduce envy's impact. All of the techniques are based on cognitive-behavioral principles. Includes an introduction for parents and caregivers that discusses the emotion of envy and how this book can help.

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