



LearnStack Kids

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The Feelings Monsters Collection

The Jealousy Monster



Big feelings.
Brave hearts.
Stronger
together.

A story about
understanding
jealousy and
choosing kindness.

A Note Before We Begin

Jealousy is one of the most mishandled emotions in childhood. We tell children, "don't be jealous" - which works about as well as telling them, "don't be hungry."

This book takes a different approach: it makes the feeling into a character. A funny, slightly ridiculous, completely recognisable character.

When a child can laugh at the Jealousy Monster - at his binoculars, his lists, and his outrage about biscuits - they create emotional distance from the feeling itself.

The monster-size updates are not only comedy. They track a real process: naming the feeling makes it smaller, understanding it makes it manageable, and choosing kindness helps it rest.

Read this with your child. Do the voices. Make the Monster dramatic. Make them laugh. Then ask the questions gently. That is where the real conversation starts.

1 The Ordinary Morning

Ria and her big brother, Kabir,
start their day the same way—
same cereal, same glass, same smiles.
Everything feels just right.



★ Sometimes, ordinary mornings are the best kind.

It was an ordinary Tuesday at Ria's house. Kabir was eating breakfast. Ria was eating breakfast. Everything was fine.

Everything was completely, totally, boringly fine.

Both bowls had the same cereal. Both spoons were the same size. Even the bananas looked as if they had signed an agreement to be equal.

What will the Monster say next? Turn the page... →



Then Mum walked in with something behind her back.

"Kabir," said Mum, "your science project won first prize. Here is your reward."

She produced a brand new football. Shiny. Red. Perfect.

Size Update: MONSTER SIZE UPDATE: He has arrived. Size: a mango. (He says he is deeply concerned about this football.)

What will the Monster say next? Turn the page... →



Ria looked at the football. She looked at Kabir's enormous grin. Then she looked at her own cereal, which was getting soggy.

(quietly, inside) That is the nicest football I have ever seen. Why doesn't anyone give ME a nice football?

The tiny green thing on her shoulder adjusted his binoculars. He was suddenly very interested in measurements, fairness, and other people's rewards.

What will the Monster say next? Turn the page... →



The Jealousy Monster

He's Green. He's Grumpy.
And He's Sitting On Your
Shoulder Right Now.



DID YOU SEE
HOW MUCH
BIGGER HERS IS?!



Ages
4-8

★ THE FEELINGS MONSTERS COLLECTION ★



Kabir bounced the football once. Then twice. The ball made a cheerful thump-thump-thump.

The Monster made a much less cheerful sound.

THE JEALOUSY MONSTER SAYS:

HE HAS A FOOTBALL.

YOU HAVE CEREAL THAT HAS GIVEN UP ON LIFE.

- said the Monster. Into her ear. Not quietly at all.

Ria stared at the cereal. It did look a bit sad now.

What will the Monster say next? Turn the page... →



By the time Ria put on her school shoes, the Monster had settled in properly. He sat on her shoulder like he owned the place. His binoculars swung against her cheek. His long arms draped around her head.

"I am only watching," he said.

He was not only watching. He was comparing.

What will the Monster say next? Turn the page... →

6 Zoya was so excited about her new bike!



At school, Ria's best friend Zoya ran up to her.

"RIA! Guess what? My dad got me a bicycle! A PURPLE one! With a bell and everything!"

Zoya was so happy she was practically floating.

THE JEALOUSY MONSTER SAYS:

A BICYCLE. SHE GOT A BICYCLE.

AND WHAT DO YOU HAVE?

SOGGY CEREAL. THAT IS WHAT YOU HAVE.

- said the Monster. He had apparently not moved on from breakfast.

What will the Monster say next? Turn the page... →



"That is amazing," said Ria. And she meant it.

She DID mean it. She loved Zoya. She was happy for Zoya.

And also - the Monster was sitting on her shoulder telling her all the reasons this was incredibly unfair.

(quietly, inside) Can I be happy for her AND also want a bicycle? Is that allowed?

What will the Monster say next? Turn the page... →

Zoya told Ria about the bell. It went tring-tring, she said, but in a fancy way. Ria smiled. It was a real smile, but it had to push past something green first. The Monster tried to stand in front of the smile and wave his arms.

THE JEALOUSY MONSTER SAYS:

**DO NOT BE DISTRACTED BY FRIENDSHIP.
WE ARE IN THE MIDDLE OF AN INVESTIGATION.**

- said the Monster. Loudly. He is always loud.

What will the Monster say next? Turn the page... →



At lunch, Arjun from class 3 got picked for the school play.

The part Ria had auditioned for.

The Monster pulled out a VERY LONG LIST from his pocket.

THE JEALOUSY MONSTER SAYS:

I HAVE BEEN KEEPING RECORDS.

**THIS IS NOW THE FOURTEENTH TIME TODAY
THAT SOMETHING WENT TO SOMEONE ELSE.**

- said the Monster, showing an extremely long scroll.

Size Update: MONSTER SIZE UPDATE: He is now the size of a large mango. (He considers this a promotion. He is mistaken.)

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