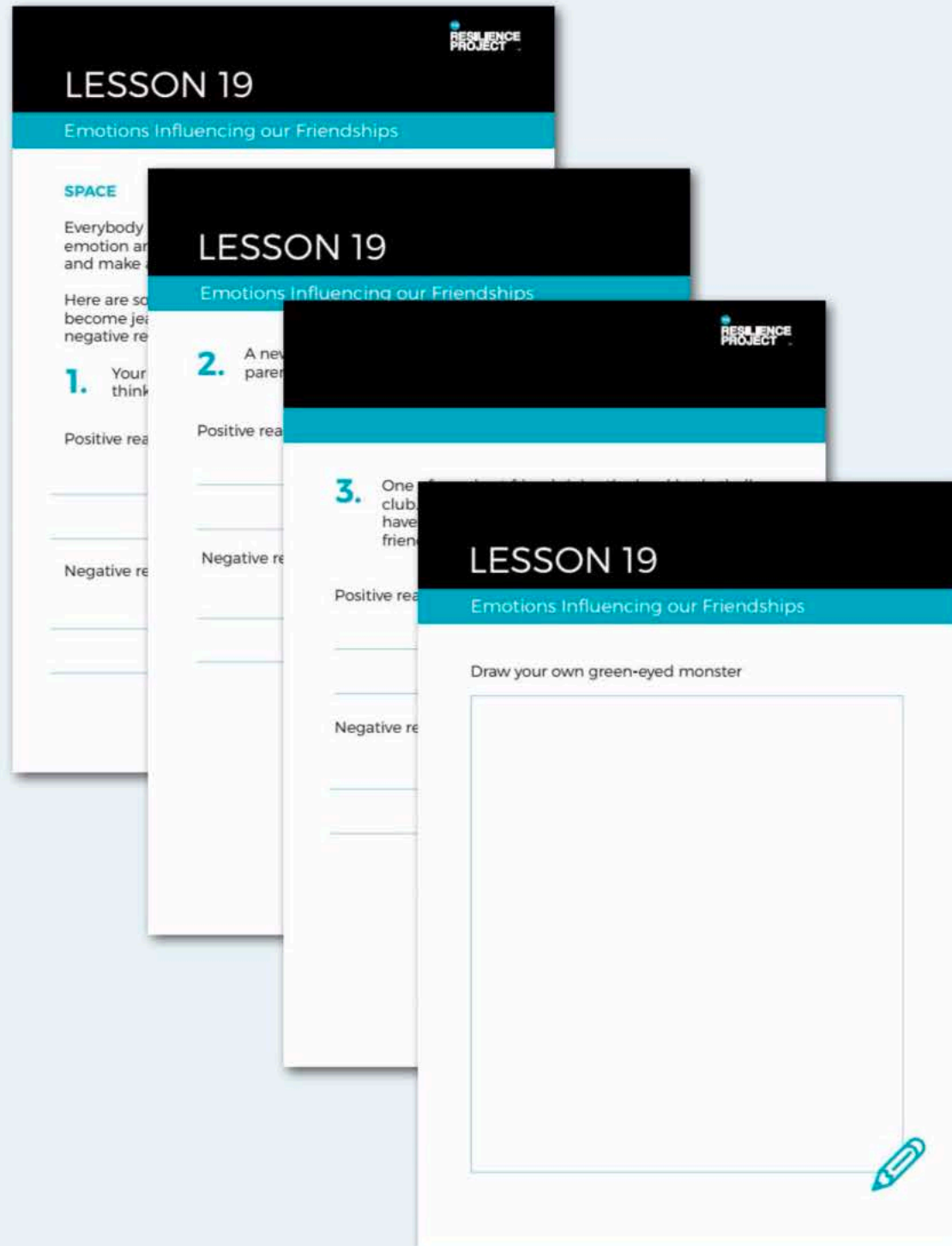


# LESSON 19

## EMOTIONS INFLUENCING FRIENDSHIP



### Victorian Curriculum:

#### PERSONAL AND SOCIAL CAPABILITY

##### Self Awareness and Management

- **Recognition and expression of emotions** - Identify and explore the expression of emotions in social situations and the impact on self and others.

##### Social Awareness and Management

- **Relationships and diversity** - Describe the ways in which similarities and differences can effect relationships.
- **Collaboration** - Demonstrate skills for effective participation in group tasks and use criteria provided to reflect on the effectiveness of the teams in which they participate.
- **Collaboration** - Identify conflicts that may occur in peer groups and suggest possible causes and resolutions.

#### HEALTH AND PHYSICAL EDUCATION

##### Personal, Social and Community Health

- **Being healthy, safe and active** - Explore strategies to manage physical, social and emotional change.

### Learning Intention:

- To identify where emotions have affected their relationships.
- To develop a strong sense of self to deal with the unfamiliar.

### Resources:

- Craft material (to make green-eyed monster).
- Pencils and textas.
- Student workbooks.

### Outline:

#### Activity 1: Class Discussion (10 mins)

- What is jealousy?
- When have you ever felt jealous?
- Why do we feel jealousy?
- We all feel jealous at times. Even the kindest, friendliest people in the world get jealous. It is a natural feeling. What we need to know is how to recognise jealousy and choose how we are going to react to it. You always have a choice.
- Give examples of when someone might be jealous, and in pairs, students come up with a positive and negative reaction.
- Ask what is the difference between jealousy and envy?
- Envy is wanting to have something that another person has and feeling unhappy that that person has it. For example, one of your classmates gets the new iPod for their birthday and it is super cool! You really want it!
- Jealousy is similar to envy but includes suspicion. Jealousy is often to do with competition. For example, sometimes you may feel jealous of a brother or sister because you think your parents love him or her more than they love you. Or you may feel jealous about how fast your friend can run.
- Has jealousy ever hurt one of your friendships?

#### Activity 2: Reaction questions (15 mins)

- Students complete 'reaction' questions in workbook.

#### Activity 3: Create Your Own Green-eyed Monster (30 mins)

- Explain what the green-eyed monster is: A person who is always jealous of others. They look at others and always want what they have. They are green with envy. It affects the monster's relationships, behaviour and daily life.
- Students can be creative and use craft materials to make their monster.
- Share with the class.