

Jealousy: A feeling you get when you want something someone else has or feel left out.

Friendship: When people care about each other, are kind, and enjoy spending time together.

Change: When something becomes different from how it was before.

Relationship: The way people are connected, like friends or family and how they treat each other.

Support: Helping someone, being there for them, and making them feel better.

Appreciation: Being thankful and noticing when someone does something kind or helpful.

- What can you do to manage feelings?
- How can you deal with changes in friendships?
- Who can you ask for help when you need it?
- How can you show kindness to people and animals?

