



Journeys in the Spirit

inward outward upward downward

Children's work edition November 2013 Issue 81



Some feelings – talking about jealousy

Getting ready

Jealousy is an emotion that most children are familiar with, either one that they feel themselves or that they are aware others feel about them. It is very important not to tell children that it is wrong to feel jealousy; such a starting-point will not help them to deal with this emotion. They are best helped by being listened to in a safe space by a non-judgmental adult whom they know. Feelings of jealousy can arouse deep emotions such as anger and fear. In younger children feelings of jealousy can spring from their belief that they have been treated unjustly; older children may struggle with a sense that their self-worth is being threatened.

Jealousy can be a very destructive emotion, and the aim of this issue is to help children come to terms with it in a positive way.

In this issue of *Journeys in the Spirit* we use two Bible stories that are about situations in which jealousy arose. 'Joseph and his brothers' – in the Old Testament or Jewish Bible Book of Genesis ch.37 - 50 and 'the lost or prodigal son' in the New Testament Luke ch.15: vs.1 – 7. For versions in more contemporary English look at The Message Bible – see the sidebar for details. Before leading a session focussed on jealousy take a little time to read through these stories. Try to read them as if they are fresh to you – what is happening in them? What do you think and feel? Reading the stories through can form a way-in to a more personal response and could help you in any conversations with children.

Journeys in the Spirit offers resources and ideas to Quakers engaging with children and young people.

This children's work edition comes out monthly. It offers resources and ideas to Quakers engaging with 5–12 year olds in a Quaker setting.

It provides opportunities for exploring, creating and learning in an atmosphere of worship in partnership on our shared journey in the spirit.

Gather

Welcome each child into the circle, and ask them, and any adult, to say their names if there are people in the group who do not know each other. Ask each of them to say something about their week, something that made them happy or was exciting.

When they are settled help them to gather within the context of worship, using a simple meditation activity such as listening to a short phrase or sentence, lighting a candle or visualising a drop of water falling into a still pool. Take as long as possible over this exercise rather than rush through it to get to the topic. If you would like some additional guidance about helping children with their practice of stillness and worship you could read or download the special issue of *Journeys in the Spirit* on *Getting into worship, practice for all ages* at:

www.quaker.org.uk/journeys/special-issues-children

References & other resources

The *Message Bible* tells the stories in a modern way – go to www.biblegateway.com and put the story name in the search box. Also from Quaker Bookshop: 020 7663 1030 www.quaker.org.uk/shop



Engage

Say that today we are going to talk about a feeling that we sometimes have that makes us feel very uncomfortable and unhappy - jealousy. Jealousy is a horrible feeling. It comes when we think someone has something that should belong to us or that we want. It can be about things or about people – friends or family. It can make us say and do things that are unkind and that make us feel sad afterwards.

Say that there are two stories in the book called the bible about brothers who were jealous because they believed their father loved one of them more than the others. Say that you are going to read one of them.

The story of the ‘Lost, the prodigal son’ is on *Additional Resource 81.A*.

The story of Joseph and his brothers. Tell the story.

Joseph was seventeen years old. He helped his brothers to herd the families flocks of sheep. They were actually his half brothers, the sons of his dad’s two other wives, but Joseph was the eldest son of his dad’s favourite wife (who had died). When Jacob, the dad, sent Joseph to check on his brothers, Joseph would come back and say bad and critical things about them.

Jacob loved Joseph more than any of his other sons. To show his love for Joseph he made him a beautiful and elaborately embroidered coat. See *Additional Resource 81.B* for a picture of a beautiful coat like Joseph’s. When his brothers realised that their father loved him more than them, they grew to hate him—they wouldn’t even speak to him.

One day Jacob sent Joseph off as usual to see how the herds were getting on. When the brothers saw him approaching in his fancy coat they were so jealous and angry that they decided to kill him and throw his body in an empty well or cistern. This was terrible. The eldest brother Reuben went along with them, secretly planning to return later and rescue Joseph.

When Joseph reached his brothers, they ripped off the fancy coat he was wearing, grabbed him, and threw him into a cistern, a deep well. Then they sat down to eat their food.

Looking up, they saw a caravan, a line of camels led by people called Ishmaelites on their way from a place called Gilead. Their camels loaded with spices, ointments, and perfumes to sell in the country called Egypt. One of the brothers, Judah, said, “Brothers, what are we going to get out of killing our brother and hiding what we have done? Let’s sell him as a slave to the Ishmaelites, but let’s not kill him—he is, after all, our brother, our own flesh and blood.” His brothers agreed. Perhaps they realised that they had just been very, very angry and had calmed down a lot.

By that time the camels and their owners were passing by. His brothers pulled Joseph out of the cistern, the well and sold him for twenty pieces of silver, a lot of money, to the Ishmaelites who took Joseph with them to Egypt. They kept his coat to show their dad. They were going to tell him that Joseph had been killed by a wild animal.

Have a conversation by asking questions like these:

- Do you think the brothers were right to feel jealous and angry?
- What were they jealous about – was it just the coat?
- Was there something different they could have done and not hurt Joseph?
- What do you think about what the dad did?
- If Joseph was a girl – Josephine – would the brothers have been so jealous?
- If the people in the stories had been sisters instead of brothers would the story have been different?
- Has anybody here been jealous or know somebody who has?
- If you felt jealous and angry, what could you do to stop such horrible feelings?

References & other resources

The story ‘*the lost or prodigal son*’ is also discussed in *Journeys in the Spirit* March 2012 Series 7 Issue 61.

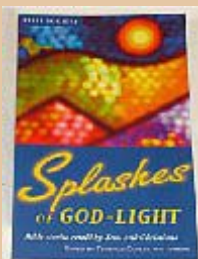
The story of Joseph can be read at:
<http://tinyurl.com/d9pklyz>

Additional Resource 81.A and *81.B* can be found at:

<http://www.quaker.org.uk/resources-children>

References & other resources

The book *Splashes of God light* has a version of the prodigal son written and edited by a group of Jewish and Christian writers – one a Quaker. Available at www.alibris.co.uk



Additional Resources 81.A, 81.B, 81.C, 81.E and 81.F can be found at: www.quaker.org.uk/resources-children

Respond

The story of the lost, the prodigal son. Resources needed for this session: sheets of white paper divided into 4 panels or copies of the sheet on Additional Resource 81.C, drawing pencils or black felt pens, books or pieces of card to rest paper on.

This is the session that follows reading the story on Additional Resource 81.A. It is an interesting story. There are lots of times when bigger or smaller versions of it happen in families and somebody feels jealous. Ask children what they think about the story and the people in it. Have they felt jealous?

Say to children that feeling jealous is a big feeling but it is a bit sneaky because it often hides other things people are feeling. Here is a possible way to explore this idea of what's hiding.

Ask children to pretend to be one of the three main people, the youngest son, the eldest son or the dad. Ask all the children who chose the same person to sit together. Adults may also need to choose if there is one child by themselves. Give out sheets of white paper divided into 4 panels or a copy of the sheet on Additional Resource 81.C. Also give out drawing pencils or black felt pens.

Now ask children to close their eyes and imagine a bit more that they are the youngest son, the eldest son or the dad. Ask children to think how their person feels – jealous, angry, sad, happy, upset, scared, grumpy – these are all possible. Read these out as ideas to help children think of or identify feelings.

Now the task is to draw 1, 2, 3 or 4 faces – one in each space on the card to show the different things the people might be feeling. This can lead to talking about what a feeling looks like or wondering about what the three people really did feel. In the book *Splashes of God light* (see sidebar) the dad goes outside the house to jump, shout and dance wildly because he is so cross with both his boys. When you think children are finished ask children to show and talk about the faces and feelings they have drawn.

Now relax by playing catch with a beanbag or soft juggling ball.

The story of Joseph and his brothers. Resources needed for this session: lolly sticks (from arts and craft shops), thin white card on which the shape from Additional Resource 81.D has been copied or drawn, drawing and colouring pencils, felt tip pens, scissors, glue, glue spreaders, sticky tape.

First read the story in Engage. On Additional Resource 81.D there is a template for a simple lolly stick figure of Joseph and his coat. These could be made whilst talking about some of the questions in Engage. Children could also talk about times when they have felt jealous or someone they know has been jealous. This could be written or drawn on the back of their figures – 'I was jealous when...'. The template can be adapted to make figures of the brothers and the father – just with plainer coats.

The green-eyed monster. Resources needed for this session: A4 white paper or card, ordinary and stubby crayons – lots of green if you can, drawing pencils – stubby and ordinary, copy of the pictures on Additional Resource 81.E.

This is good for younger children but any age could enjoy it. Jealousy is often referred to as 'the green-eyed monster'. Ask children why this might be? Show the children the pictures on Additional Resource 81.E. Which one do they like? What do they think each monster is feeling? What do they think about the picture of the three children? Ask them to draw, paint or make their own ideas of the green eyed monster.



Talking about jealousy with older children. For another way to talk and think with older children about jealousy see Additional Resource 81.F.

Reflect

Ask the children to think about how to respond to feelings of jealousy. Can they share their feelings with someone they trust? Can they accept that life can sometimes be unfair and move on so their feelings don't take over and spoil their life? Can they feel pleased for a friend when they have something special that you don't have.

End by talking about, or thinking about in the stillness, the things that make them happy and glad.



Review

What was the children's response to the bible stories?

Were they able to link stories told long ago to their own lives?

Were the children comfortable about talking about personal experiences?

Is there anything that you might need to talk about with parents?

What went well and not so well?

Is there anything that you might do differently another time?

This issue was written by Gillian Turner and edited by Chris Nickolay and Howard Nurden. Chris Nickolay worked on the Topical activity.

Issue 82 is the last in the series about feelings, this will offer ways to think and talk about grief. Available from 2 December 2013. This will be the last in the series about feelings.

There are going to be three new series in 2014 - 2015. The first of these is about *Quakers, work and businesses*.

The first in this series is **Issue 83** *Quakers and work*. Available from 6 January 2014.

Issue 84 is about *Quaker nurserymen & botanists*. Available from 3 February 2014.

Materials available online are:

Current issue additional Resources sheets

An easy to use plan for a Children's Meeting

A simple plan for an all age Meeting for Worship

A topical activity – this time about some games for fun

Also a 'How to use *Journeys in the Spirit*' guide; a link to special issues; an archive of previous issues; a discussion forum and a link to the *Journeys in the Spirit* Youth edition.

Go to:

www.quaker.org.uk/journeyschildren and choose from the range of links in the sidebar.

Published by Children & Young People's Staff Team, Quaker Life

Available free by subscription.

Contact:
CYP Staff Team,
Friends House,
173 Euston Road,
London NW1 2BJ

Phone: 020 7663 1013

Email:
cypadmin@quaker.org.uk

Website:
www.quaker.org.uk/cyp



Journeys in the Spirit

Children's work

Additional resources 81.A



Engage The story of the lost, the prodigal, son.

The lost, the prodigal son - The Bible: Luke 15:11 - 32

Read the story as written below.

There was once a man who had two sons. The younger said to his father, 'Father I want my share now of what you would leave for me when you die.' So the father divided his money between his two sons. It wasn't long before the younger son packed his bags and left for another country a long way away. There he wasted everything he had - he spent all his money. There was a bad famine all through that country, there was no food and he began to hurt. He got a job feeding and cleaning pigs. He was so hungry he would have eaten the pig food, but no one would give him any.

That brought him to his senses. He said, 'All those farm workers working for my father sit down to three meals a day, and here I am starving to death, I'm going back to my father. I'll say to him, "Father, I've been bad, I don't deserve to be called your son. Take me on as a farm worker." He got right up and went home. When he was still a long way off, his father saw him. His heart pounding, he ran out, embraced him, and kissed him. The son started to say, "Father, I've been bad, I don't deserve to be called your son. Take me on as a farm worker." But his dad wasn't listening. He was calling his servants, 'Quick, bring a clean set of clothes and dress him. Put the family ring on his finger and sandals on his feet. Cook a special meal. We're going to feast! We're going to have a wonderful time! My son is here - given up for dead and now alive! Given up for lost and now found!' And they began to have a wonderful time.

All this time his older son was out in the field. When the day's work was done he came in. As he approached the house, he heard the music and dancing. Calling to a farm worker, he asked what was going on. He told him, 'Your brother came home. Your father ordered a feast - barbecued beef - because he has him safe and sound.'

The older brother stalked off in an angry sulk and refused to join in. His father came out and tried to talk to him, but he wouldn't listen. The son said 'Look how many years I've stayed here serving you, never giving you one moment of grief, but have you ever thrown a party for me and my friends? Then this son of yours who has thrown away your money shows up and you have a big feast!'

His father said, 'Son, you don't understand. You're with me all the time, and everything that is mine is yours—but this is a wonderful time, and we had to celebrate. I thought this brother of yours was dead, and he's alive! He was lost and he is found.'





Journeys in the Spirit

Children's work

Additional resources 81.B

Engage

Joseph and his brothers



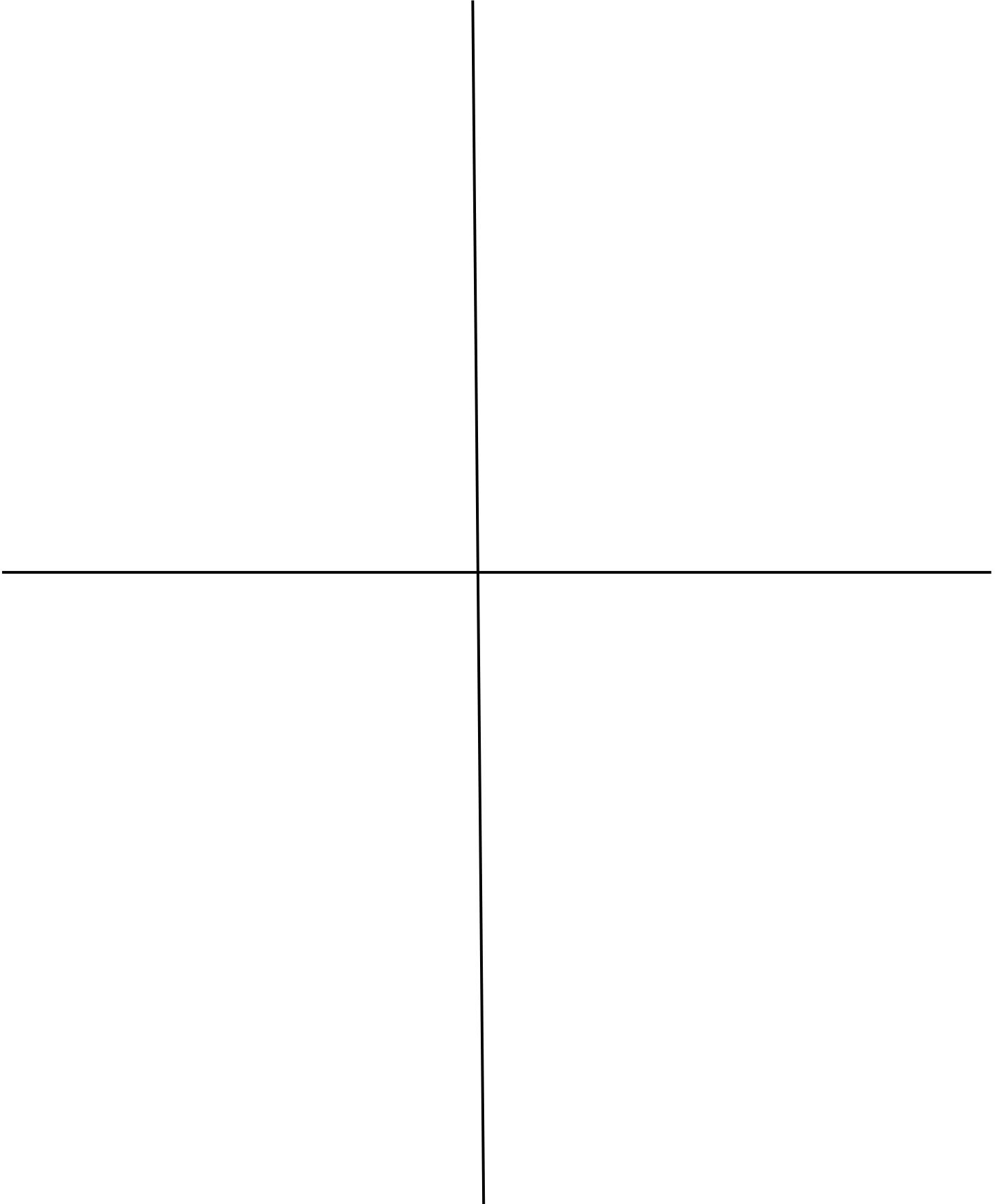


Journeys in the Spirit

Children's work

Additional resources 81.C

Engage The story of the lost, the prodigal, son.





Journeys in the Spirit

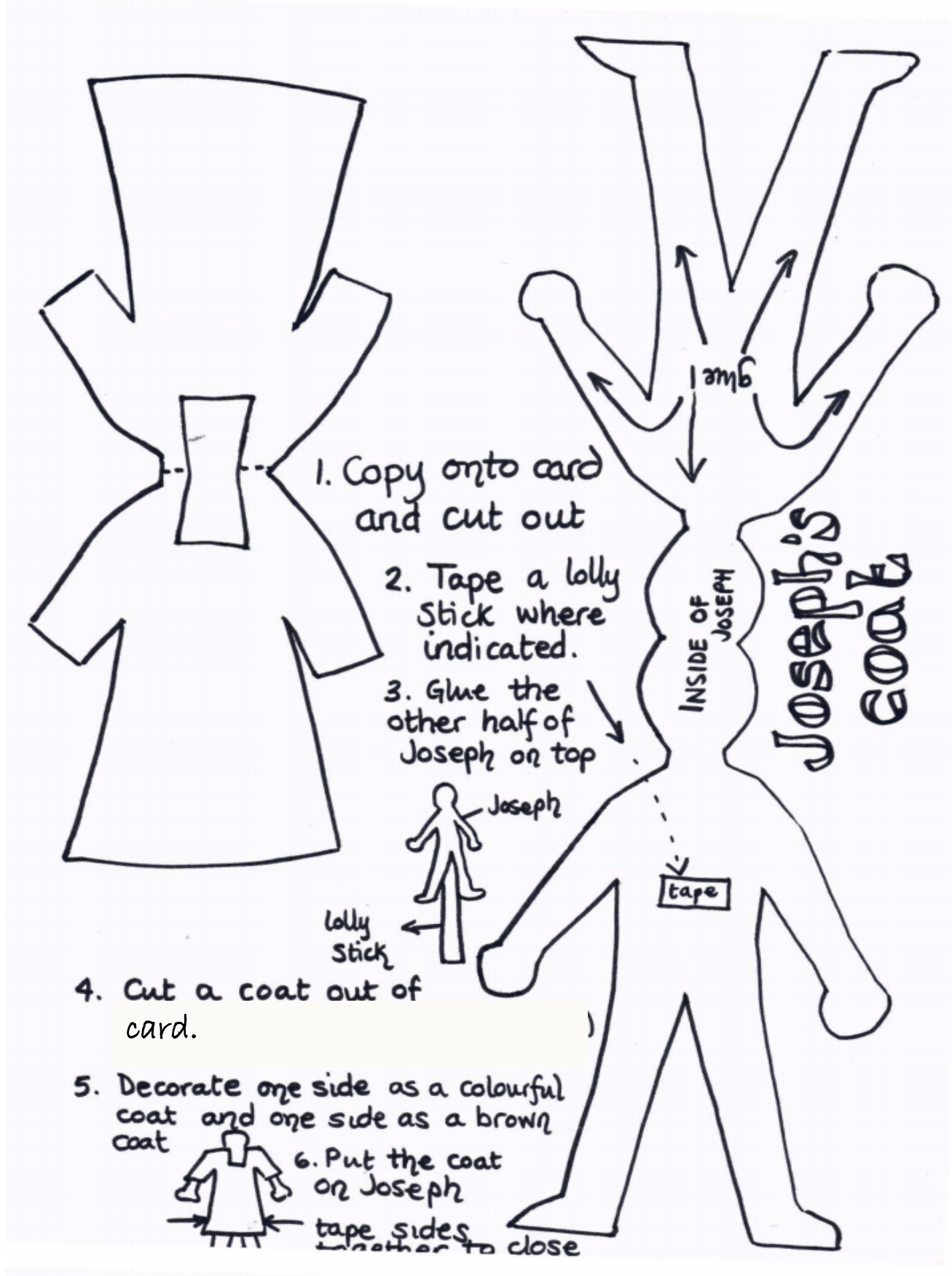
Children's work

Additional resources 81.D



Engage The story of the lost, the prodigal, son.

Picture from: <http://flamecreativekids.blogspot.co.uk>:





Journeys in the Spirit

Children's work

Additional resources 81.E

Respond

Green eyed monster pictures





Journeys in the Spirit



Children's work

Additional resources 81.F

Respond Another way to find out about jealousy

Jealousy now. An activity for older children.

Ask children for ideas about situations in which children might feel jealousy – at home, school or with friends. A child or you writes ideas onto a large piece of paper. Examples might be - friends with expensive equipment or money to go on holidays abroad, a new baby being born, a new step-parent or step-sister or brother getting lots of attention, a disabled brother or sister is getting all the attention.

Ask what the child could do about feeling upset and jealous like this. To explore this further here is an activity to do in little groups. If there are enough children in the group, ask them to go into twos or threes.

If twos, take the first scenario (jealous of the friend). The first child has to pretend to explain to a parent or friend what the problem is and the second child suggests ways these difficult feelings can be overcome.

If threes the first child decides on a situation and explains what they feel jealous about. The second person pretends to be a relative or older sibling and listens carefully. She or he then tells the third person, pretending to be a parent, why the first child is so unhappy. Finally, if possible, all three try to sort out what to do by talking and reaching a resolution.

If you have a very small group of children this could be done with different people taking on different roles. This could be a lot of fun and serious at the same time.