

LET'S TALK ABOUT EMOTIONS – BE KIND



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BE KIND



ALBATROS



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Let's explore the world of kindness with Jim and Mia!
Discover a magical book that teaches you how to spread kindness like glitter, making the world brighter one small act at a time!
Are you ready? You are? Well then let's go on this great adventure together!

MIA AND ENVY

This is Mia and her older brother Jim. Jim just got a fancy new bike from their dad. He can watch TV late into the evening, and go to the playground with his friends in the afternoon – all by himself. But not Mia. No, Mia is too little to do these things. “NO FAIR!” she says.



ENVY is that strange and unpleasant feeling that someone has something that we want and need so badly.

JIM AND JEALOUSY

And Mia's big brother Jim. He doesn't have it easy in life either. In Jim's mind, Mom and Dad are always saying stuff like “Mia, you're so clever!” or “Mia, you're our little sweetheart.” But no, Jim thinks – Mia is not a sweetheart. She's a nasty, evil **MONSTER!** She has Mom and Dad wrapped around her little finger. They could go all day without even thinking about Jim, while lavishing Mia with praise. Oh yes. Jim is quite jealous of his little sister.



JEALOUSY is a burning feeling full of fear that someone we love and care about no longer cares about us because they've found someone else, someone better. We're no longer worth anything to them. Maybe they don't care about us anymore.

WHAT TO DO?

HOW TO DEAL WITH POISONOUS ENVY?

Can you remember the last time you were very envious of someone? How did it make you feel? And how did you act? How would you feel about it today?



SHARE

APOLOGIZE

RECOGNIZE

SLOW DOWN

ACCEPT

LET GO

MAKE YOUR OWN ANTIDOTE!

Fortunately, envy is just a feeling... Which means that sooner or later – if we're patient and if we treat it right – it can be replaced by another, hopefully more pleasant feeling. How do we do this? If envy sticks with us for a long time and won't let go, we can prepare our own medicine to fix it – our own antidote. The first step to **BECOME AWARE THAT WE FEEL ENVY.** Then we can add having fun, laughing, and doing things that make us feel good and helps us to stop feeling envious.





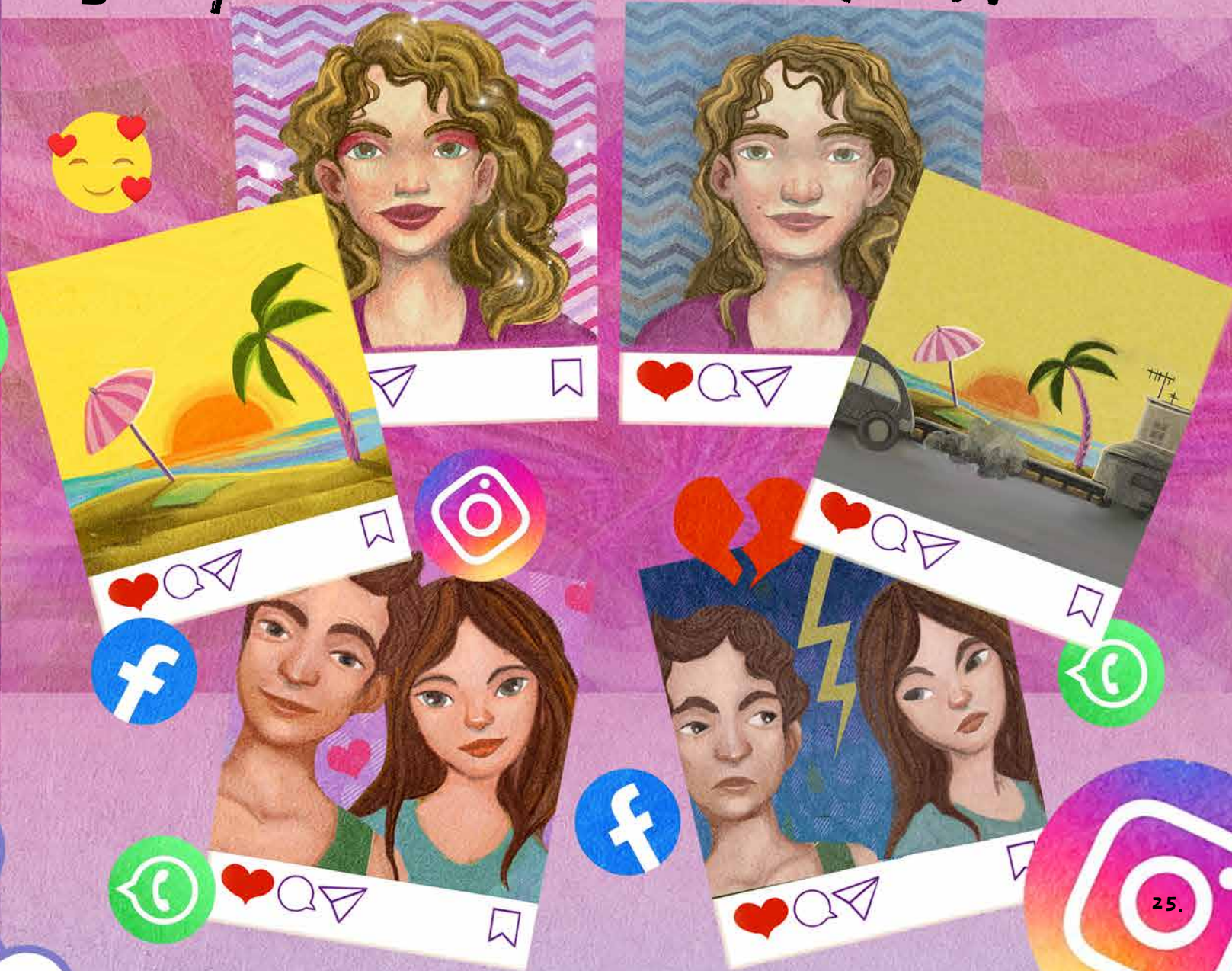
WHAT TO DO?

ILLUSION OR REALITY - EXPLAINED

Whenever our friends **SHARE** pictures on the internet, they often look really happy. But it's important to know that these photos show **ONLY A SMALL PART OF THEIR LIVES**. People tend to smile for pictures, even if they don't feel happy every day.

Remember, not everything we see on social media is **TRUE**. So, it's good to ask questions and think carefully about what we read or see. If we're **THOUGHTFUL** and **CONSIDERATE**, we can use social networks to spread kindness and make the world a better and happier place for everyone!

SOCIAL MEDIA vs REALITY



WISH FOR OTHERS WHAT YOU WISH FOR YOURSELF

Sometimes, we might feel a little sad when we see others having fun with toys or getting more attention. That's okay, though – everyone feels this way from time to time. But we can use those feelings to find out what we're good at and what we have already achieved. Let's be happy for our friends and wish them well. **WHEN WE DO SO, GOOD THINGS WILL COME BACK TO US TOO.**



This book was co-authored by child psychologist Mgr. Andrea Slaba, who quite often deals with different emotions in children directly in her practice. We very much appreciate her cooperation.

Anita the illustrator enthusiastically gave our main characters their appearances. Thanks to her, a lot of emotions flow from the book, don't you think? Big thanks for her approach and unique style.

The design of the book was done by Barbara, who worked closely with Anita and the graphic designer. And she did a great job!

Our colleague Scott also made sure that the book was a beautiful read for children and parents alike. Thank you, Scott!

The idea for this book was conceived in the mind of Jana, who always has in mind that children should have fun while learning something interesting and perhaps new.

Don't be afraid to talk about your emotions! We wish you fun, laughter, and all the good emotions with our book, whether you read it at bedtime, in the car, or in a hammock.

LET'S TALK ABOUT EMOTIONS

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If you're looking for a book that will encourage children to have conversations about their **ENVY** and **JEALOUSY**, this is the one.

It's a comic style book that is designed for children, so they can easily understand it. The helpful hints and advice given in each of the situations make learning fun, not just something you do at school or home.



EDUCATION



FAMILY FUN
INTERACTION



FUN
ACTIVITY



TARGET
GROUP

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