

[sound effects]

**Children:** Lingokids

**Speaker:** I'm so excited that we just got to the bike park.

**Speaker:** Me too.

**Speaker:** Me three.

[sound effects]

**Speaker:** Yes, Billy. Let's unload our bikes.

**Speaker:** That one's mine.

**Speaker:** And that's mine. I know the paint is coming off a little, but she's a great bike. We love riding down hills together. I call her, Wheely. Listen.

[sound effects]

**Speaker:** There's my bike. I'm almost off training wheels.

**Speaker:** I'm excited.

**Speaker:** Me too.

**Speaker:** What was that?

**Speaker:** Welcome to *Stories for Kids* by Lingokids where we discover fascinating facts about the world around us and the fun of play learning. Have you ever had a time when things were going great, and then, boom, the jealousy bug got you? Someone has something you wish was yours. It does not feel good. Let's talk about jealousy. Is it okay to feel jealous? What can we do when others have things we really want?

**Speaker:** There it goes again. It went by so fast I could hardly see it.

**Speaker:** Me too, but it looked cool. I liked the color.

**Speaker:** I liked the sound.

**Speaker:** I know exactly what it was.

**Speaker:** What?

**Speaker:** What?

**Speaker:** That was a double-fender banana C2 wheeler.

**Speaker:** You mean a bike?

**Speaker:** Yes, a bike in orange sparkle.

**Speaker:** Oh.

**Speaker:** It's new, it glistens, it glides. It's beautiful.

**Speaker:** Okay, everyone. It's time for us to get going on our bikes. Here are your helmets.

**Speaker:** I don't think I like my helmet.

**Speaker:** Oh?

**Speaker:** I don't like my bike either.

**Speaker:** You mean, Wheely?

**Speaker:** Just look at her. Wheely is too slow, her paint's peeling, and she's grey. Yuck.

**Speaker:** Lisa, you said you liked riding down hills on that bike. I thought it was special.

**Speaker:** Yes, it was, but I don't want a stinky old bike. I want a shiny new bike in sparkly orange with a matching helmet.

[sound effects]

**Speaker:** Billy says, "Let's go already."

**Speaker:** Yes.

**Speaker:** Yes.

[laughter]

**Speaker:** Yay.

**Speaker:** You guys, let's go up that hill.

**Speaker:** Okay.

**Speaker:** Okay.

[music]

**Speaker:** We're at the top. I'll go first. Whee.

**Speaker:** Yes, Elliot, you went down fast.

[sound effects]

**Speaker:** Billy's turn.

[sound effects]

**Speaker:** Oh, very nice, Billy.

**Speaker:** I guess I'll try.

**Speaker:** My turn. Oh.

**Speaker:** What is it, Lisa? You seem frustrated.

**Speaker:** Wheely is not working right. It's just a junkie old bike. I want a sparkly orange double-fender banana C2 wheeler. I don't like my bike anymore. I feel so mad. It's not fair.

[sound effects]

**Speaker:** Lisa.

**Speaker:** What?

**Speaker:** I hear you really want that new bike and it's hard for you to even think about anything else.

**Speaker:** Yes.

**Speaker:** It's difficult not to feel jealous.

**Speaker:** Especially when someone has a double fender banana C2 wheeler bike.

**Speaker:** That is a really cool bike.

**Speaker:** There will always be people who have things you want.

**Speaker:** Mm.

**Speaker:** It could be a chocolate donut.

**Speaker:** I would like a chocolate donut right now.

**Speaker:** Or a sparkling new pair of glasses.

**Speaker:** Sounds cool.

**Speaker:** Or a cute little puppy.

**Speaker:** We want a puppy.

**Speaker:** We want a puppy.

**Speaker:** The list never ends. It is normal to feel jealousy sometimes.

**Speaker:** Really?

**Speaker:** Yes.

**Speaker:** Well, it's no fun.

**Speaker:** That shiny new bike really got under your skin.

**Speaker:** Oh-oh, Lisa has a bike under her skin.

**Speaker:** It's a saying, Cowy. When something gets under your skin, that means it's hard to stop thinking about it.

**Speaker:** Oh.

**Speaker:** It is hard to stop thinking about it.

**Speaker:** That's exactly when jealousy becomes a problem. You don't want jealousy to ruin your day.

**Speaker:** How can Lisa get unjealous?

**Speaker:** Yes, I want to have a fun day. How can I get unjealous?

**Speaker:** Well, there are tricks that can help.

**Speaker:** Like what?

**Speaker:** To start, I suggest a deep breath to calm your body. Let's try one together. In, and out.

**Speaker:** Oh, I feel more relaxed.

**Speaker:** Great. Another trick is to write down your feelings or draw them. Sometimes having somewhere to put those feelings helps make them smaller.

**Speaker:** I have a crayon in my backpack. Want to borrow it, Lisa?

**Speaker:** Okay.

**Speaker:** Here you go.

**Speaker:** Now, try to put your feelings right there on the paper.

**Speaker:** Jealous, not fair. Oh, I want a new bike. Oh, there.

**Speaker:** Did it work?

**Speaker:** A little. I feel less mad now.

**Speaker:** Wonderful. My last tip is practicing gratitude.

**Speaker:** Attitude?

**Speaker:** No, Cowy. Not attitude, gratitude.

**Speaker:** Huh?

**Speaker:** Gratitude is reminding yourself about things you do have.

**Speaker:** Oh.

**Speaker:** Oh.

**Speaker:** Let's practice reminding ourselves about some things we have. Kids at home, you can practice too.

[music]

**Speaker:** I have a bike.

**Speaker:** Exactly.

**Speaker:** I have a bell. [rings bell]

[laughter]

**Speaker:** I have great friends.

**Speaker:** Awesome job, everyone. Lisa, are you feeling any better?

**Speaker:** I really am. I took a breath, I put my feelings on paper, and I practiced my attitude. Oops, I mean my gratitude. [chuckles] Now I'm ready to ride.

**Speaker:** Yes, let's go.

**Speaker:** Yes, let's go. Whoo-hoo.

[laughter]

**Speaker:** Watch this.

[sound effects]

**Speaker:** Nice, Cowy. There's that double-fender banana C2 wheeler again.

**Speaker:** Hey, I like your bike.

**Speaker 2:** I like yours too. Oh, it's cool. Retro, sweet.

**Speaker:** Really?

**Speaker 2:** Ride on.

**Speaker:** I will. I just realized something. Wheely is still special to me even if someone else has a cooler bike. I love going down hills with Wheely.

**Speaker:** Yay.

**Speaker:** I'm grateful for Wheely. Let's try those jumps, you guys.

**Speaker:** Yes, race you.

**Speaker:** Come on, Wheely.

[sound effects] [laughter]

**Speaker:** Lingokids listeners, thanks for joining Lisa and her friends as they explored jealousy. Remember, it's normal to feel jealous of others sometimes. It happens to grownups too. Just try not to let jealousy ruin your day. Take a breath, write it down, and practice gratitude. Do you have any other tricks that can help? Send us a note. Lingokids listeners, in October, we will be sharing with you a new four-part miniseries where we want to talk about bullying. Now, some of you might not even know what bullying is, right? Do you want to know why it's important we talk about it? Join us for the new *Stories for Kids* episodes in October called Bully.

[music]

**[00:08:47] [END OF AUDIO]**