Hood and the Green Glasses

A story about envy... and the admiration that helps us learn

For ages 5 to 9



Child Protection Office

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In the drawing contest, Hood drew a red rocket,

and Sami drew a beautiful, colorful bird.



Then the teacher announced: **“The winner of the gold medal is... Sami!”**

Everyone clapped. But Hood clapped with heavy hands.



Suddenly, Hood felt as if he were wearing **green glasses**:

Sami’s medal looked huge, huge… and his own rocket looked tiny, tiny.



At home, Hood crumpled up his drawing and muttered:

“Sami’s drawing isn’t even nice! I hope he loses his medal!”



Mama Jumana sat beside him, gently smoothed out his crumpled drawing, and said:

“It sounds like you’re feeling envious, Hood. We all feel it sometimes, when someone else gets something we wish for.”



Then she asked: **“What are the green glasses telling you?”**

I must be the one who wins! **Sami won... so I’m worth less than him!**

I can’t stand him being better than me!



Mama said: **“There are two kinds, Hood. Envy says: I wish he would lose what he has.**

And admiration says: I wish I had something like it… and I’ll learn.

Envy makes our hearts sour… admiration helps us grow.”



Hood put on his detective hat. Question one: **Did Sami's win take anything from me?**

Mama lit two candles, and Hood remembered: a candle's light doesn't get smaller when you light another one.

He said: **"Sami's win didn't take anything from me!"**



Question two: **Am I worth less because he won?**

Hood drew the things he's good at: riding his bike, giving the morning speech at assembly, singing to Qamar, and sharing his sandwich.

He said: **"Everyone is good at something!"**



Question three: **Must I always be the best?**

They looked up at the sky and saw lots of stars...
big ones and small ones, and all of them shining.

Hood said: **“I wish I could win... but I don’t always have to be first.”**



Hood took off the green glasses... and
everything went back to its real size.

“I wish I could draw like Sami... and I’ll learn from him!”



At school, Hood shook Sami's hand and said:

"Congratulations, Sami! Your drawing really is beautiful. Will you teach me how to draw birds?"

Sami was delighted: "Of course!"



Sami taught Hood how to draw a bird out of little circles,

and Hood taught Sami how to draw a rocket... and they laughed a lot.



On the classroom wall, two drawings hung side by side: Sami's bird... and Hood's rocket, with a little bird flying beside it!

Hood said: "When I'm happy for my friend... my heart grows, and I learn."

A Guide for Parents & Educators

The ninth story in the series. REBT distinguishes unhealthy envy (wishing the other person would lose what they have, putting them down, feeling less) from healthy envy, which Arabic calls *ghibta*: wishing for something like what another person has, and working toward it, without wishing them to lose it.

1. The green glasses

Envy distorts what we see: it makes what others have look bigger, and what we have look smaller. Taking off the glasses means seeing things at their real size. pp. 3, 11

2. Envy thoughts

- **Absolute demand:** "I must be the one who wins."
- **Rating oneself by comparison:** "He won… so I'm worth less."
- **Low tolerance:** "I can't stand him being better than me." p. 6

3. Envy and admiration

Envy pushes the child to put others down and wish them to lose; admiration (*ghibta*) pushes the child to learn and work hard. p. 7

4. Disputing

- **The two candles:** someone else's success takes nothing from us. p. 8
- **The strengths list:** a child's worth isn't measured by one contest. p. 9
- **The stars:** "I don't always have to be first." p. 10

5. Turning envy into motivation

Sincere congratulations, asking the winner to teach you, and swapping skills. pp. 12–13

Questions to talk about after reading

- What did the green glasses do to things?
- What's the difference between envy and admiration?
- What are you good at?
- Who would you like to learn something new from?

Tips for parents

Avoid comparing your child with their siblings or friends. Praise effort and improvement, not ranking. Teach them to congratulate others, and let them see you being happy for other people's success. If envy shows up as repeatedly hurting others or damaging their things, consult a mental health professional.