

How to Lose a Game and WIN Friends

Children often play games.

Sometimes I play games with others.

I may win a game. Other times, another person or team wins.

This happens when people play games.



This can happen in PE too.

Winning is a good feeling.

Losing is hard for some kids.



Knowing how to lose can help
me keep friends.

Learning to stay in control when I lose will help
me keep friends.

Here are some thoughts that can you me stay in control.



1. I want other children to play with me.
2. Oh well, I did have some fun playing.
3. I may win next time.

When I lose, I can learn to say:

1. "You won."
2. "Good game."
3. "Let's play again."



When I learn to lose a game, I win friends.
Things I can do:



1. Take a slow deep breath.
2. Ask to play again.
3. Tell the winner, "Good game."
4. Choose to play again.

The important thing is to stay in control.



I will practice what to think, say and do.

When I lose a game in control, I win friends.