

Winning and Losing

with Sue Larkey

What do you do when you lose a game?

Helpful things to think are:

- It's just a game.
- Maybe I'll win next time.
- That was a good game. I had fun, even though I didn't win!
- Oh, well, never mind.
- That's okay. Someone else won.

Helpful things to do when you lose a game is:

- Shake hands with the winner.
- Congratulate the winner.
- Tell the winner they played well.
- Think about how you might be able to win next time.
- If you are feeling angry, take a break.

What to think about before you play a game:

When I play a game, sometimes I lose. I don't like losing. Losing might make me feel angry and disappointed.

When I am angry, I can say mean things I don't mean like "it's not fair" or "I hate this game". This can make the other players feel sad.

My friends and family might not want to play games with me anymore. This makes me sad because I like playing games with my friends and family.

When I lose, I need to stop, take a deep breath and I can tell my friends and family "I had fun".

This makes my friends and family happy. It makes me happy when my friends and family want to play games with again.

And I can think maybe next time I'll win!

Other things to think about:

Sometimes we win, sometimes we lose.

When we are the winner, how do we feel?

When we are the loser, how do we feel?

But remember:

When we win, how does the loser feel?

When we lose, how does the winner feel?