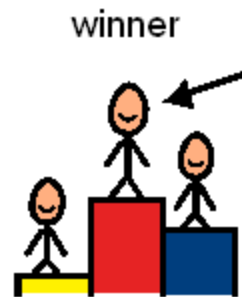


# How Do I Deal With Winning or Losing A Game?

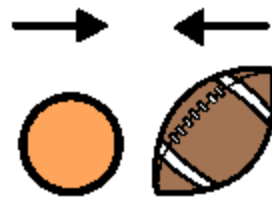


One thing that I often do is play games. I like playing all kinds of games.

game



game



The goal to playing games is to win.

win



Winning is fun, and it can make me  
feel happy, proud and special.



Unfortunately only 1 person or 1 team can usually be the winner.



win



lost

When I play games there will be times when I win and times when I lose.



I win

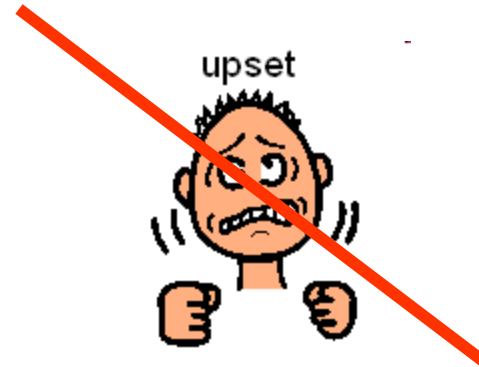


I lose

Losing isn't fun but I can still feel good if I try my best, follow the rules and accept my losing with courage and good sportsmanship.

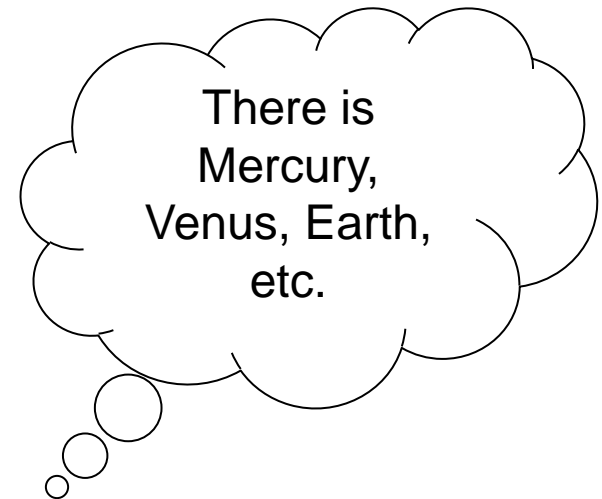


Courage means congratulating the winner, not blaming or being mad at myself or teammates for making mistakes. I keep my emotions calm.





To stay calm I can take 10 deep breathes or I can think about all the facts I know about outer-space.



I can request a break from my teacher, coach, or caregiver by going to the restroom or getting a drink.



Can I go get a drink  
real fast?

I can still be a winner to myself,  
friends, teachers and family if I  
accept losing with courage.

I win!



How Do I Handle The  
Outcome Of A Game

# I have 4 choices of how I can handle the outcome of games

- Choice 1: [Politely Winning](#)
- Choice 2: [Rudely Winning](#)
- Choice 3: [Politely Losing](#)
- Choice 4: [Rudely Losing](#)

# Politely Winning

- Say “Yes!” 1 time
- Say “Good game” to teammates and opponents
- Comment “It was a close game”
- Shake hands
- Smile
- Be happy but stay calm, don’t overdo
- Do not brag

[I have 4 choices of how I can handle the outcome of games](#)

# Rudely Winning

- Bragging
- Extreme celebrating that goes on and on
- Saying things like “We won! You lost!” or “Losers”, “ We are the winners!!!”
- Complaining about poor performance
- Complaining because things may not have been done my way

[I have 4 choices of how I can handle the outcome of games](#)

# Politely Losing

- Say “Congratulations”, “Good Job”, “Good game”
- Smile and walk away

[I have 4 choices of how I can handle the outcome of games](#)



# Rudely Losing

- Pouting
- Anger at winners and teammates
- Aggressive behaviors
- Give a frown or mad look
- Name calling

[I have 4 choices of how I can handle the outcome of games](#)