

Winning and Losing



I like to play and win. All kids like to win!



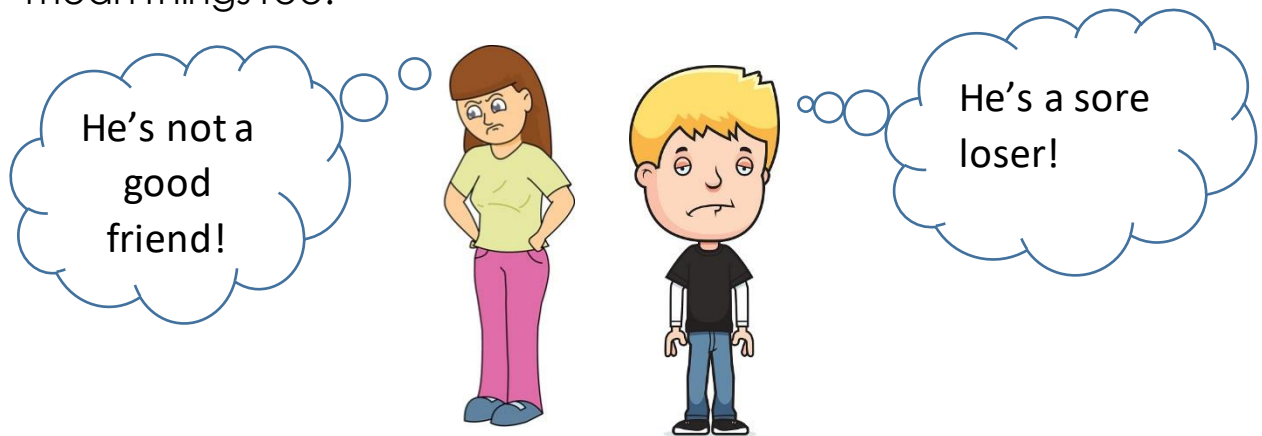
When I win I say things like "Good game", "That was fun", "I had fun playing with you" or "I want to play again".



Sometime I lose or don't come in first. This makes me feel mad. I don't like losing or not being first!



Sometimes when I lose or don't come first, I yell and scream. I sometimes feel like I want to hit someone or throw something. I say mean things too.



When I get upset this makes my friends and family think I am a "sore loser" and not a good friend.



Kids will not want to ride their bikes, walk to school, or play outside with me if I get upset. This will make me sad, because I like to play with my friends.

1...2...3...4
...5...



Breathe in
and out...in
and out...

When I lose or don't come in first, I need to stop, take a deep breath, and remember to use my calming strategies.

I am not
going to get
mad...



Great Job!

I can then tell my friend "Good game", "You are first, great job". I can tell myself "I might win next time!"



Kids will be happy and want to play with me if I remember to use my calming strategies. I am happy when kids want to play with me. It makes my mom and dad happy too!