



# Winning and Losing



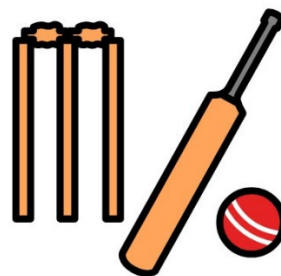


# Winning and Losing

I feel happy when I win a game. Other people also feel happy when they win a game.



Everyone tries hard to win. Sometimes we don't win even when we try our best. It's OK not to win a game. I can still have fun playing a game when I don't win.





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But I may feel frustrated or angry when I don't win. Other people may also feel frustrated or angry when they don't win.



I feel happy when I win a game. Other people also feel happy when they win a game.



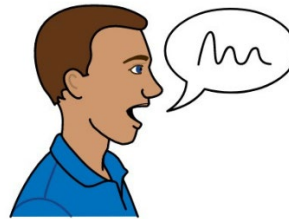


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I might take ten big deep breaths.



I might play a game by myself.



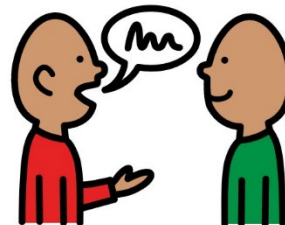
I might have a rest in a quiet space.



I might drink some water.



I might tell my coach how I feel.





# Winning and Losing

I will be a good sport if I try to do these things to calm down after not winning a game.

