

Winning and Losing



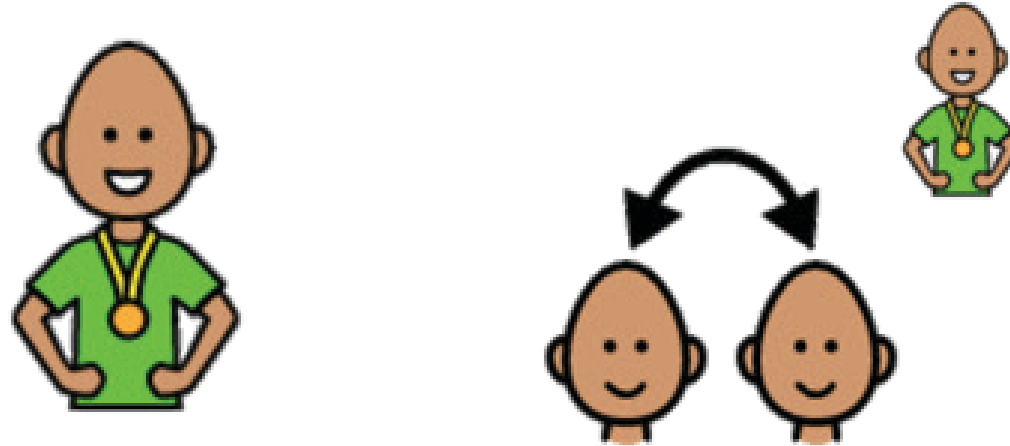
I like to play volleyball.



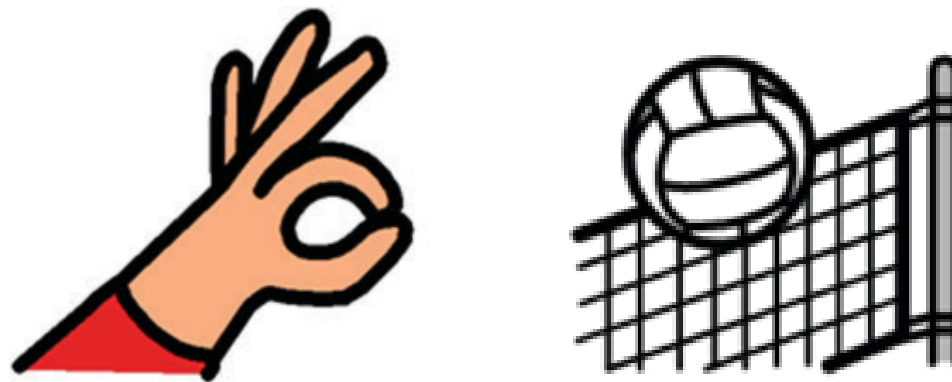
When we play volleyball there will be a team that wins. There will also be a team that doesn't win.



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.



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.



If I am feeling frustrated, I can try to ask for a break and use some calming tools to help me feel better.



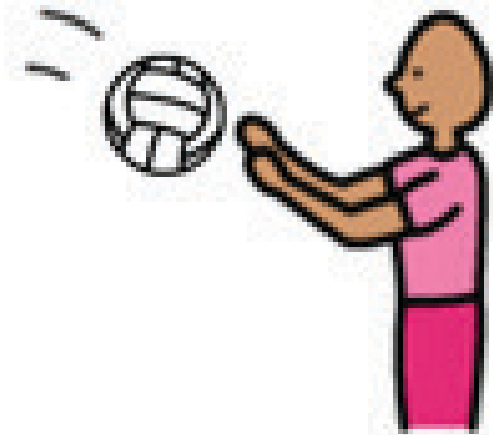
I might take ten big deep breaths



I might have a rest in a quiet place



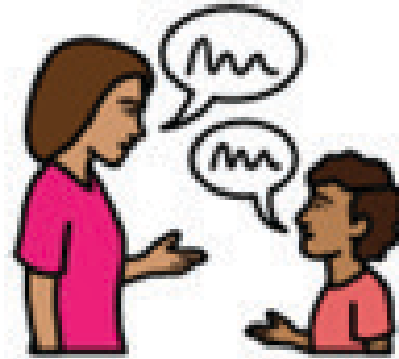
I might play a game by myself



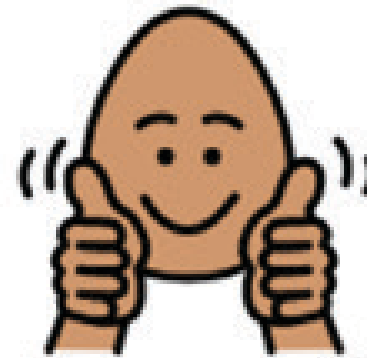
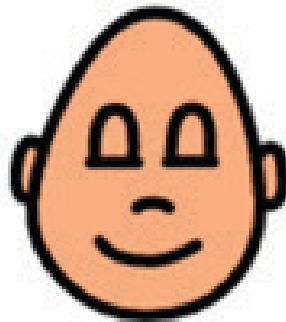
I might drink some water



I might tell my parents or coach how I feel



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





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