


From Sore Loser to Strong Player

Learning to Lose with Kindness

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Think about a time you lost a game.

 What were you playing? _____

 How did you feel? (circle or check)

 Angry  Sad  Frustrated  Okay Other: _____

 What did you do?

- Complained
- Quit
- Stayed calm
- Said something kind
- Blamed someone
- Other: _____


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The Truth About Losing

Losing is not failing.

Losing helps your brain and heart grow stronger.

 When I lose, I am practicing being:

 Losing helps me get better at:

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What Can I Say Instead?

Sore Loser Talk



- "This game is stupid!"
- "You cheated!"
- "I quit!"
- "That's not fair!"

 When I lose, I can say:

Strong Player



- "Good game!"
- "Nice job!"
- "Let's play again."
- "I'll try again next time."

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My Game Plan

Next time I lose,

I can say "Good game" and

- Take a deep breath
- Stay calm
- Smile
- Congratulate the winner
- Play again
- Use kind words

