

Sometimes I might win a game.

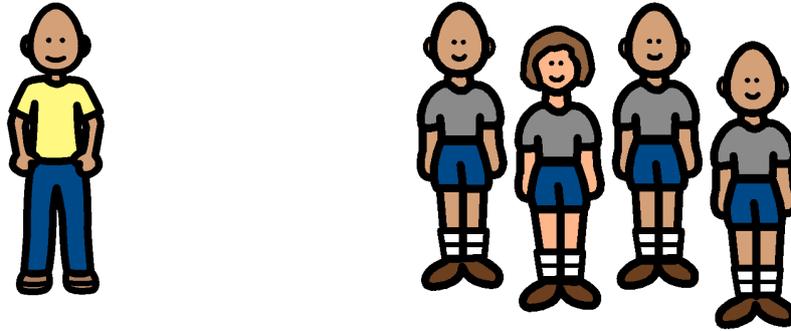
Sometimes I might not win.

That's OK!

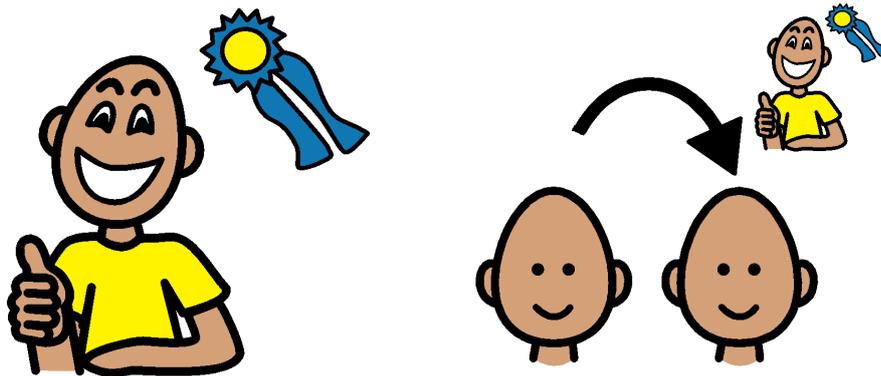
I like to play games. I play games at home and school to have fun. Playing games also helps me stay fit.



When we play some games there might be a person or a team that wins.
There may also be a person or a team that doesn't win.



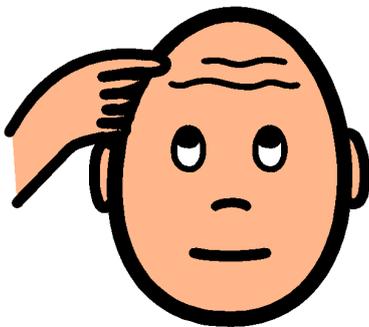
I feel happy when I win a game. Other people also feel happy when they win a game.



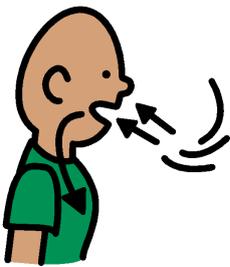
Everyone tries hard to win. Sometimes we don't win even when we try our best.
It's OK not to win a game. I can still have fun playing a game when I don't win.



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.



There are lots of things I can do to help if I feel frustrated
or angry when I don't win a game.



I might take ten big deep breaths.



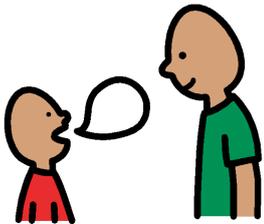
I might play a game by myself.



I might have a rest in a quiet space.



I might drink some water.



I might tell my parents or teacher how I feel.

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

