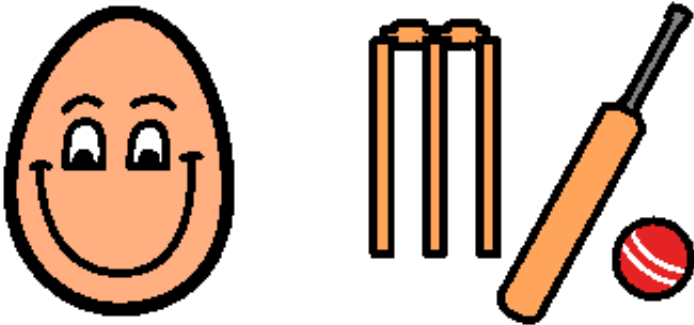




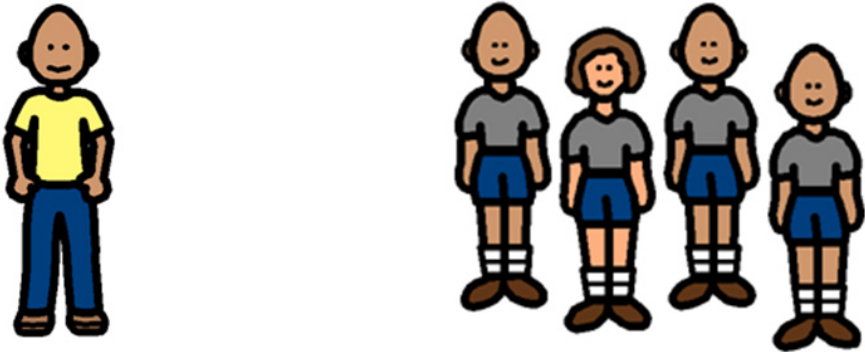
Winning and Losing



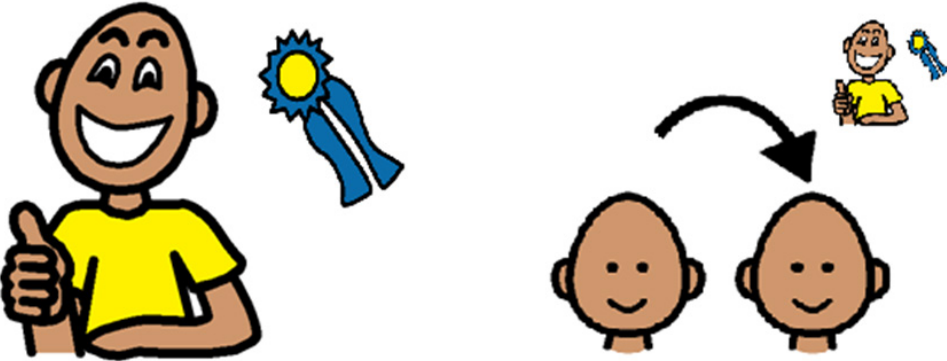
I like to play cricket.



When we play cricket there might be a team that wins. There may 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.



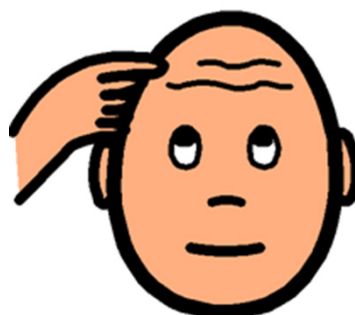
Everyone tries hard to win. Sometimes we don't win even when we try our best. It's OK not to win a game. I can still have fun playing a game when I don't win.



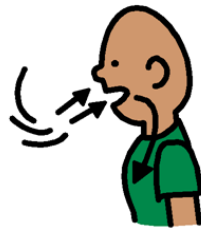
But I may feel frustrated or angry when I don't win. Other people may also feel frustrated or angry when they don't win.



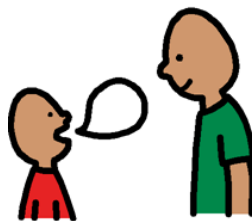
I feel happy when I win a game. Other people also feel happy when they win a game.



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 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.

