

Being a Good Sport

Learning to cope with feelings of sadness or anger after losing, not getting their way, or not being chosen first requires children to act in direct contrast with how they're feeling. We teach learners to use perspective taking, calming strategies, and positive-self talk skills to work through managing these difficult feelings.



2 Use a calming strategy

**We act like a good sport
so others will want to
play with us again.**



1 Think about others' feelings



3 Use self-talk

Say "I didn't win today but
I can always try again."

