

## I Can Learn from Losing!!

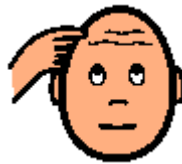
Playing games can be so much fun.



Everyone likes to win the game. But, usually only one person or one team can win. That's OK.



Do you know why? Sometimes we actually learn more when we lose.



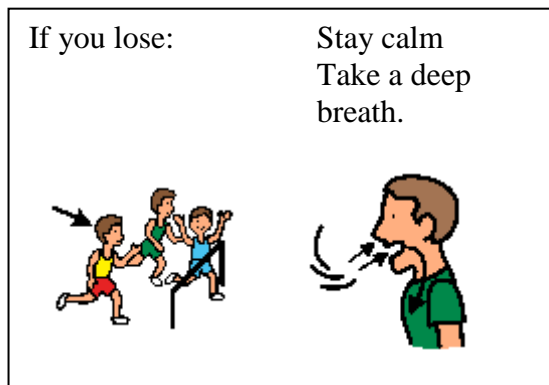
What can we learn from losing?

1. We can learn about being nice to others. That's called being a "good loser" or a "good sport". When you lose a game, the best thing to do is to be nice to the winner. Congratulate him and

shake his hand. That shows you are a “good loser”.



2. We can also learn “self control”. What is self control? Self control means to act appropriately even when you are very upset. Usually people try to stay calm when they get upset – a lot of people say it helps them when they take a few slow, deep breaths. To be very good at self control, you have to practice during real situations. When you lose a game, that is a great time to practice self control.



3. Another thing you can learn from losing is to keep trying. It is so important to learn to not give up if you don't win the first time. We can learn to keep trying and do our very best each time. When we try hard every time, we're bound to win sometimes.

It is important for all of us to learn from losing. No one can win every game or contest. It's OK to lose because we can learn from losing, too.



Even the loser can be a winner!! Don't forget:

1. Be nice to others
2. Be a good sport
3. Keep trying!!!