

Skill Area(s):
 Nonverbal Language
 Feelings/Emotions
 Perspective Taking

Winners & Losers

Level: beginner, intermediate, advanced

Goal: to learn how to cope with winning and losing when playing with others

Materials needed: social stories Winning and Losing and Winning at Losing (from Debra Schipper-West Metro Learning Connections - <http://www.wmlearningconnections.com>)

Activity:

- Introduce the activity by adults or peer models role-playing while playing a game (board, cards, computer, video, any kind). The begin by using appropriate words but when one wins the other person becomes upset and may accuse the other of cheating, or quit the game because they are losing, etc. Then freeze the action.
- Ask the group what they observed. What was appropriate, what was not, etc.
- Define the sayings “sore loser” and “poor sport.” Use others that are appropriate to your age group.
- Make two columns on the board – one for appropriate words/actions and one for inappropriate words/actions to use and help your group to brainstorm words/phrases for each list. Include nonverbal language such as hitting, etc.
- Make two more columns on the board - one for winning and one for losing. On these lists brainstorm words and actions that could happen. Such as- Winner: better luck next time, nice job; Loser: thanks for playing, way to go, etc.
- Share one or both of the social stories with the group- send home.
- Have students role play the same game that was introduced at the beginning of the activity and use appropriate actions and words.

Follow up suggestions:

- Pair students up to play games together and practice inappropriate words/actions. Then have them talk about how it felt. Re-do using appropriate words/actions.
- Video tape students playing games and watch it together.
- Play a group game and work on using appropriate words/actions.
- Discuss what to do if you are playing with someone who is a “sore loser”
- Secretly talk to one of your students or peer models and ask them to be a “poor sport” during a group game. Observe your students to see if they can use skills you have worked on. Discuss the situation when finished together.

Winning and Losing

Everyone likes to win.

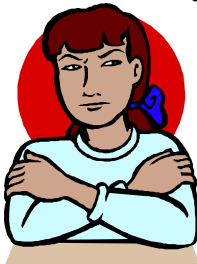
No one likes to lose.

Sometimes I win, and I feel proud.

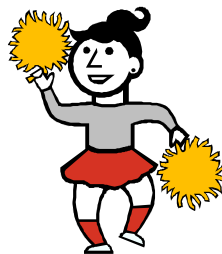


Sometimes I lose, and

I want to yell and cry out loud.



I don't cry, though, and I don't get mad.



Because I know how to lose with dignity,

and that feels **rad**.

Winning at Losing

My friends and I really like to play games together.

We usually have lots of fun when we play together.

Sometimes, though, we have a problem.

We all like to win, and we're pretty good sports when we win. We say things like, "You played a good game." Or we say, "Let's play again."

Our problem doesn't come when we win; it comes when we lose. None of us likes to lose.

We know how to lose with dignity, though, and that makes us winners, too.

To lose with dignity:

1. I stop and take a deep breath in through my nose for 5 counts and out through my mouth for ten counts.
2. I say to myself, "I'm a winner, even when I lose a game."
3. I look at the winner and I say, "Good game."