**This week I might try:**

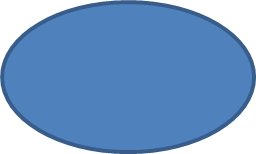
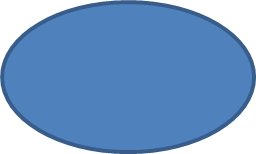
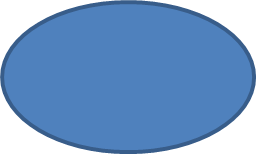
***To Learn from Losing***

**I’ll try to remember that there are things I can learn from a game, even if I lose. I can learn to show the winner that I am a good sport. I can learn to use self-control and calm down when I’m upset. And I can learn to keep trying and do my best when I’m playing a game.**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **This week:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **I showed the winner that I was a good sport.** |  |  |  |  |  |
| **I used self-control to calm down when I was**  **upset.** |  |  |  |  |  |
| **I kept trying and did my best when I was playing a game.** |  |  |  |  |  |

**Some good ways to calm down are:**

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Take a deep breath

Squeeze my hands together

Count slowly to 10