**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:**

****

Take a deep breath

Squeeze my hands together

Count slowly to 10