**LESSON: Friendship Skills – *I Can Learn From Losing***

**OUTLINE**

1. Playing games can be fun – what types of games do you like to play?
* Did you win?
* How did it feel?
* Everyone likes to win but usually only one person/team can win. That’s OK!
1. It’s OK to lose because we can learn from losing.
2. We can learn to be a “good sport”
* high fives, shake hands, say “good game”
1. We can learn “self-control”
* take deep breaths to calm down
* practice in real situations
1. We can learn to “keep trying”
* important not to give up
* try your best
1. So What Do You Think?
2. Lesson Summary Card (Watson “Social Power” Point card)

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Activity Sheet
* Lesson Summary Card
* Homework Sheet – optional
* Board game/Card game – optional, for practice