

# I CAN LEARN FROM LOSING!

Playing a game can be fun.

Everyone likes to win the game, but usually, only one person or one team can win.

That's okay!

Do you know why? Because we can learn a lot from losing.

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 them and shake their hand. That shows you are a "good loser."



2. **We can also learn "self-control."** What is self-control? Self-control means



acting 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 must practice it during real situations. When you lose a game, that is a

great time to practice self-control.

3. Another thing we can learn from losing is to **keep trying**. It is 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.



All of us need to learn from losing. No one can win every game or contest. It's okay to lose because we can learn a lot from losing, too.

Even the loser can be a winner! Remember:

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