

WINING AND LOSING

School age children are learning to recover from disappointment and to respond flexibly to changing circumstances. They are becoming more aware of their abilities and compare themselves to others. Children have varying temperaments and varying tolerances for frustration.

- Plan games and activities with rules and turn-taking.
- Review the goal, rules, and purpose of each game before they play it.
- Identify whether this is a game of chance or strategy, or a combination and ensure they understand the difference.
- Be there and/or participate in the game to support learning and problem-solving.
- Stay attuned to the emotional expressions of the children playing.
- Build resilience and the self-regulation skills of the children in your program by focusing as much on how children end the game as how they play it. Teach self-regulation strategies to cope with losing and having to wait.

From Winning and Losing - ErinoakKids
<https://www.erinoakkids.ca/ErinoakKids/media/EOK.../Winning-and-Losing.pdf>

When Losing Happens

- Empathize with feelings of disappointment and frustration.
- Celebrate participation and be specific! “I saw how you....”
- Re-frame losing as essential to all learning and skill development.
- Provide opportunities to learn and practice without comparisons to others.
- Plan for children with more skill to coach less skilled children.



Sharing visuals and social stories can teach new skills to some children and serve as reminders to others:

“When I lose, I need to stop, take a deep breath and remember to think, Its OK, maybe I will win next time.”

I can then say,
 “Good game,” “That was Fun,”
 “I had fun playing with you,” or
 “Want to play again?”

Kids will be happy and want to play games with me if I remember to not get mad.”