

# Social Emotional Learning

## Lesson 8: Being a Good Winner/Loser Supplementary Activities



# Pre-school:

## Ten Pin Bowling Winning and Losing

### **You will need:**

- 10 plastic cups/bottles,
- 1 soft ball,
- 1 score chart

### **How to Play:**

**Step 1:** Set Up Your Ten Pin Bowling as shown in the picture using cups or empty plastic bottles as your pins.

**Step 2:** Take it in turns to throw the ball into the pins to knock down as many as possible. Count how many you knock down.

**Step 3:** Repeat this 3 times.

**Step 4:** Count all your points together and the person with the most points wins.

**Step 5:** The winner should choose one of the 'Good Winner' phrases to share with their opponent.

**Step 6:** The loser should choose one of the 'Good Winner' phrases to share with their opponent.



### Good Winner Phrases

- "You tried really hard."
- "That was close!"
- "I enjoyed that game."
- "I liked playing with you."

### Good Loser Phrases

- "Well done!"
- "I had fun."
- "Want to play again?"
- "You played really well."

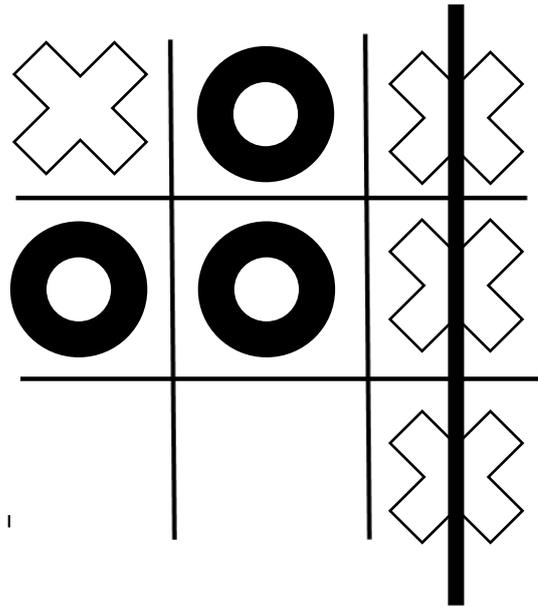
# Age 4-7:

## Tic Tac Toe

Read through the phrases on the next page out loud. Circle the phrases you think are not boasting. When you have finished circling the answers, you can play a game of Tic Tac Toe (See **Appendix 1**) with a friend. When you've played, choose some of the phrases you have circled and say them to your friend – choosing your responses depending on whether you were the winner or the loser! This will show fair play.

## Is it boasting?

1. "You only won because you cheated!"
2. "Better luck next time."
3. "You might win next time."
4. "You'll never beat me!"
5. "Thanks for playing. I had fun."
6. "Do you want to play again soon?"
7. "Nice try!"
8. "You never win do you?"
9. "You really tried hard!"
10. "I'm better at this than you!"
11. "Good job!"
12. "You did really well!"



## Age 7-11:

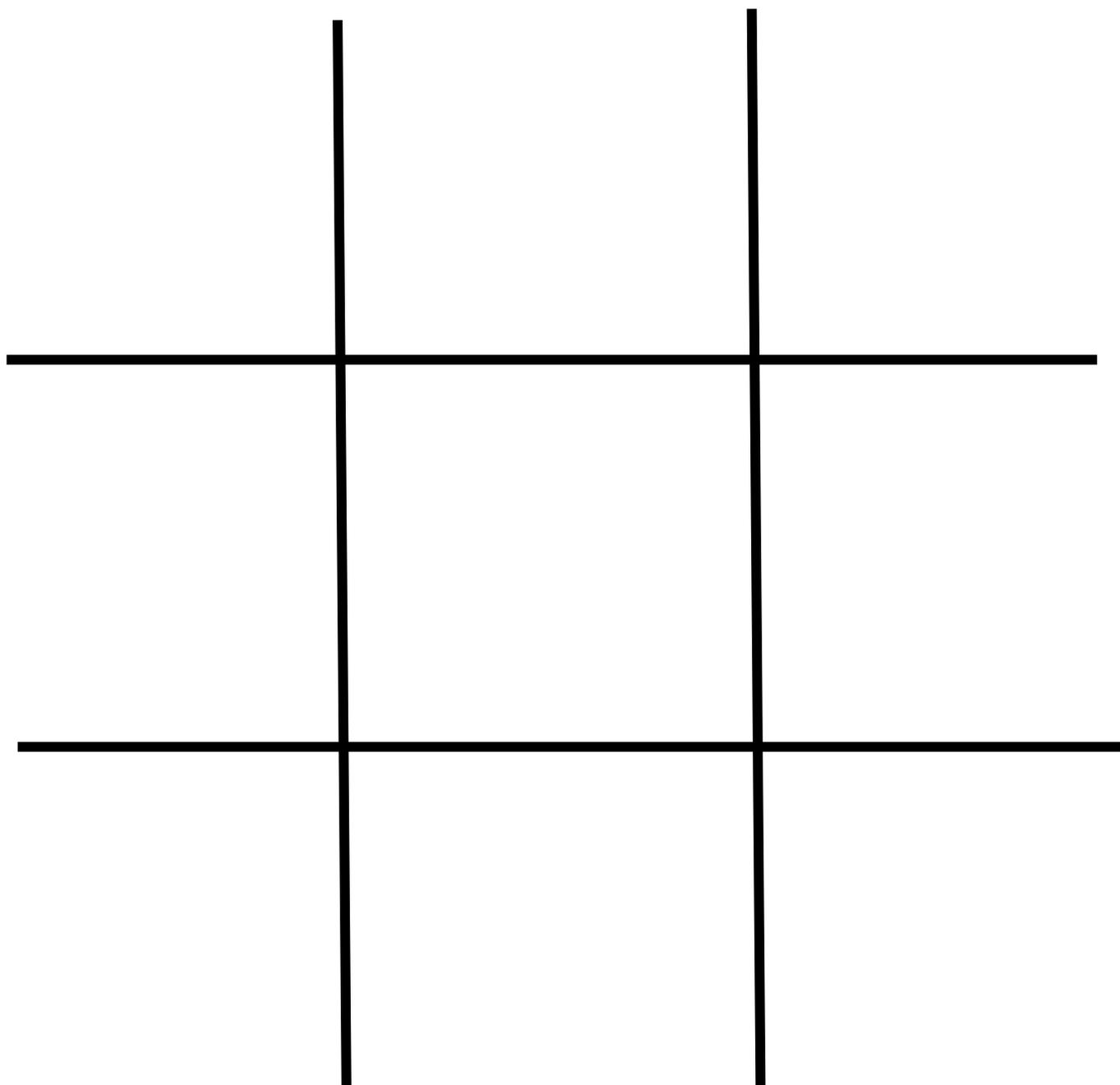
### Break the Code

Use the emoji code on the next page to solve the secret coded messages to learn just what to say to be a good winner/loser. See **Appendix 2 and 3**.

A		J		S	
B		K		T	
C		L		U	
D		M		V	
E		N		W	
F		O		X	
G		P		Y	
H		Q		Z	
I		R			

# Appendix 1

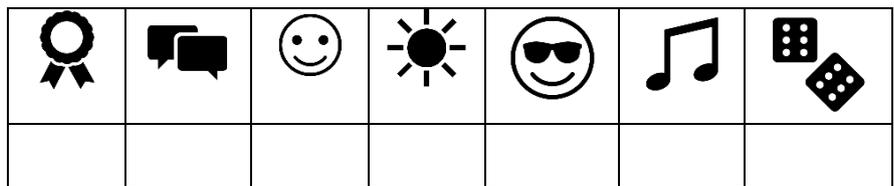
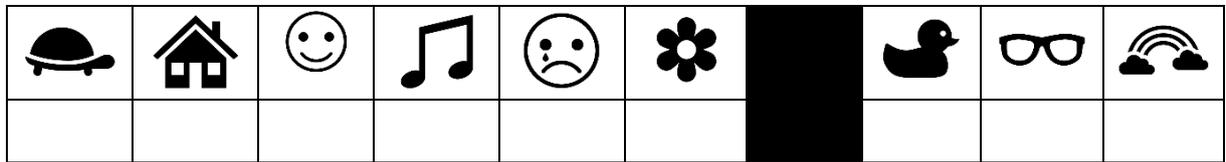
Take it in turns to choose a square and mark it with an X or an O. The first person to get a row wins. Remember to use some of the good winner/loser phrases once you finish!



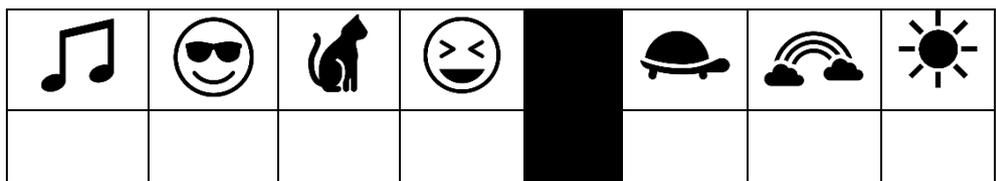
# Appendix 2

## Things to say to be a good winner

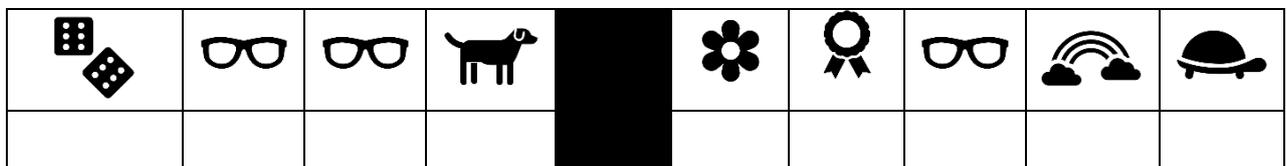
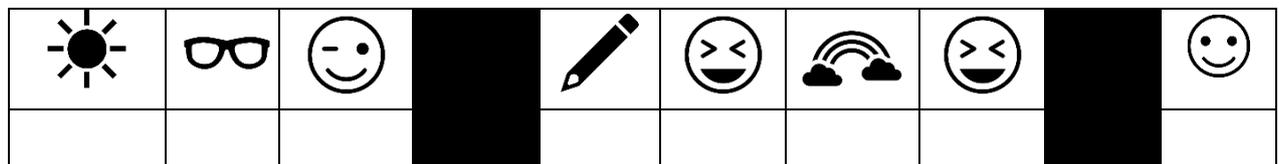
### Phrase 1



### Phrase 2



### Phrase 3



Can you think of anything else you could say?

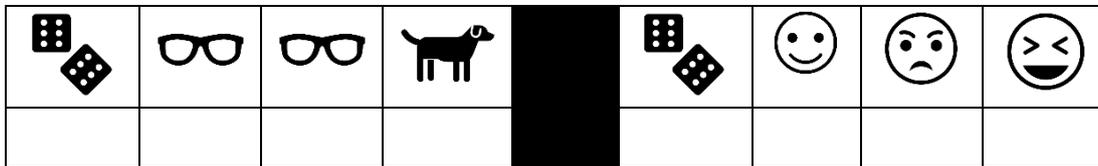
Perhaps have a go at writing this in code and challenge someone in your family to solve it.



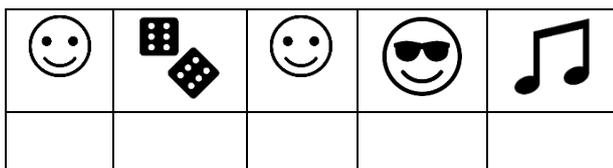
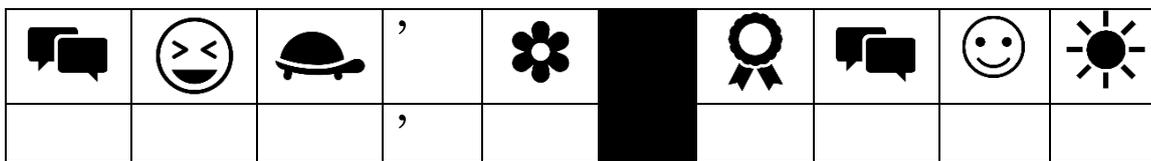
# Appendix 3

## Things to say to be a good loser

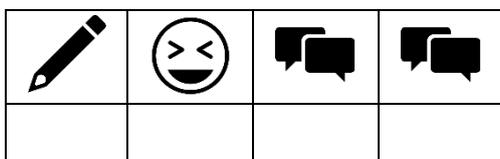
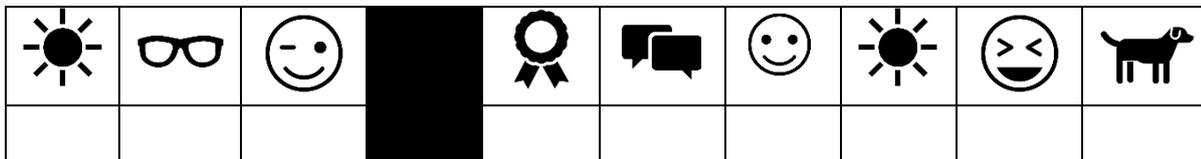
### Phrase 1



### Phrase 2



### Phrase 3



Can you think of anything else you could say?

Perhaps have a go at writing this in code and challenge someone in your family to solve it.