

Social Emotional Learning

Lesson 8: Social Awareness

Being a Good Winner/Loser

SEL Objectives:

- To encourage positive social interaction when playing games
- To develop and practice perspective taking skills
- To emphasise ways to be a good winner or loser

Talking Points:

- How does it feel to win a game? How does it feel to lose a game?
Reflect on the comfortable feelings (Happy, Proud etc.) associated with winning and the uncomfortable feelings (Sad, Angry, Frustrated, Ashamed etc.) of losing. It's important to note we all feel uncomfortable when we lose and that's OK.
- How do you normally respond when you win or lose a game?
Discuss times you've played games/run races etc. in the past and praise good examples of being a good winner/loser. Reflect on times we may not have been a good winner/ loser and how that might have made the other players feel.
- What could we say or do to be a good winner/good loser? How would it make others feel to say these things?
What have children been taught at school to be a good team player? Discuss importance of saying eg. Well played or Good job or Can we play again?
- What is boasting? If we boast, are we playing fairly?
Think of and discuss examples where they or others have boasted when playing a game. How did it make the people they were talking to feel? Did they want to play again?
- Why might others use put-downs when they lose?
Discuss that sometimes when people feel angry or frustrated they want to hurt other people with their words but this is not an OK choice to make. How would we feel if people treated us in this way? Remember to STOP, Take a Deep Breath, Say the Problem and How We Feel, and then Think of what we are going to say before we respond. You could also discuss the Golden Rule - 'Treat others the way you want to be treated'



Accompanying Video:

The Barnardo's SEL team have created a short video to help with the talking points above. Your video will be shared to www.facebook.com/pathseducation and <https://twitter.com/PATHSEdUK> on 09/06/2020.

Supplementary Activities:

There are 3 different SEL activities to complement this lesson that you may wish to use. These will be shared in an individual activities booklet along with the accompanying video.

Pre-School: Ten Pin Bowling Game

Age 4-7: Put Down or No Put Down Tic Tac Toe

Age 7-11: Break the Code

Reminders:

Following each SEL lesson, you could try to incorporate family complimenting as part of your weekly routine.

Have a look at our blog on SEL board games at <http://www.pathseducation.co.uk/paths-blog> for some additional ideas of games you could play to practice the skills from this lesson.