

## STOP AND THINK SOCIAL SKILLS

### Dealing with Losing

In our competitive society, Dealing with Losing is a very important skill for students to learn. From sports events to cartoons and games to toys, students sometimes learn that winning and feeling good about oneself often go hand-in-hand. However, when there is winning, there is also losing, and sometimes losing is more associated with failing than with trying. Feelings of failure that sometimes come from losing may result in anger, frustration, and low self-esteem. For these reasons, adults need to help students link competition to learning and skill development, and "trying your best" and teach them the meaning of losing and how to handle the emotions that accompany losing.

**Use the Stop and Think language at home with your children to help reinforce the steps of Dealing with Losing**

**Step 1:** Stop and Think.

**Step 2:** Am I going to make a good choice or a bad choice? A good choice!

**Step 3:** What are my choices or steps?

1. **Take** a deep breath and **count** to five.
2. **Say**, "Everyone can't win every time."
3. **Think** about whether you did your best and had a good time.
4. Decide whether you want to play again or do something else.

**Step 4:** Just do it!

**Step 5:** Good job!

\*\*Information taken from The Stop and Think Social Skills Program developed by Dr. Howard M. Knoff and summarized by Amy Recks, School Counselor, Goshen ES.