

Being A 'Good Sport' At Handball

I like to play games at school. One of my favourite games is handball.

When we play handball, someone may win, and someone may lose. It will always be this way.

When I win a game, I feel very happy. Sometimes I dance, cheer or yell out. I can thank my friends for playing with me. If my friend is sad because they lost, I can give them another go. It is okay to give someone a second go. I can be happy, and I can be a good friend.

When I lose, I feel sad. Sometimes I feel angry. When I lose, I will not hit, punch or yell mean things when I am angry. I will not stomp off the ground, throw things, swear or kick the ground. When I do these things, people will call me a 'bad loser'. It is okay if I lose. I may ask nicely for a second go. I can be happy, and I can be a good friend.

I will try to be happy for my friends when they win. I will try to high-five the winner and congratulate them, just as they congratulate me when I win. They worked hard to win, and they are happy! It is okay if my friends are happy. I can be happy, and I can be a good friend.

Being nice when I lose is called being a 'good sport'. I can be happy, and I can be a good friend.

When I am a 'good sport' I will have fun playing games with my friends! My friends will like to play with me when I am a 'good sport'.

It will not matter who wins or loses. I know that I did my best.

