

Accepting Defeat or Loss

Suggested Role-Plays

- 1.** Your soccer team was behind by one goal when the recess bell rang, and your team lost. Following the steps of the skill, show how you would be respectful to the winning team as you all walk back to class.
- 2.** For the second year in a row, you are the runner-up in the school spelling bee. Show how you would congratulate the winner and accept the defeat.
- 3.** Your basketball team loses at the buzzer, denying your team a trip to the state tournament. Describe behaviors that show poor sportsmanship and are inappropriate after a defeat, and then show how you would congratulate the winning team.
- 4.** You are competing against your bitter rival in a track meet. As you are about to cross the finish line in first place, you trip on your shoelace and fall down. Your rival passes you, wins the race and celebrates wildly. Show how you would be a good sport after experiencing such a heartbreaking defeat.

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Think Sheet

Name _____ Date _____

How does losing make you feel?

When is it hard for you to accept a defeat or loss, and why? What positive things can you do to deal with your disappointment?

Why is it important to know how to accept a defeat or loss?

What can you say or do to show good sportsmanship after a loss?

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How can the skill of **Accepting Defeat or Loss** help you at school?

How can the skill of **Accepting Defeat or Loss** help your team?

Accepting Defeat or Loss

- 1. Look at the person or members of the team who won.**
- 2. Remain calm and positive.**
- 3. Say “Good game” or “Congratulations.”**
- 4. Reward yourself for trying your hardest.**