

WINNING VS LOSING

➤ BE A GOOD SPORT

➤ COPING SKILLS HELP

➤ STOP TANTRUMS

➤ SELF SUPPORT

Good Sport Monitor

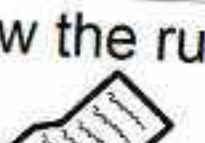
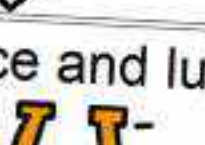
Having a tantrum  5	I am out of control. I am shouting angry words and being physically violent.	This is not okay. I have to stop. I can ask for sensory, take a break, or count.
Using angry words  4	I am saying hurtful, angry things and being rude to others.	This is not okay. I should say nice things or stop talking. I can take a break or a walk.
Stressing out  3	I am getting upset and anxious about winning and losing.	I can focus on fun, take deep breaths, or ask for sensory like deep pressure.
Having fun  2	I am enjoying the activity. I am building great friendships.	Being around happy people feels nice.

Winning versus Losing

Acting like a WINNER	Acting like a SORE LOSER
 I'm learning how to cooperate and get along with others.	 I'm competing and trying to beat others.
 I'm treating others how I want to be treated.	 I'm trying to make others feel guilty or upset for them winning and me losing.
 I'm setting goals and trying hard to improve.	 I'm wanting others to give me what I want even if I didn't earn it or deserve it.
 I'm concentrating and trying to do my personal best.	 I'm stressed out and pressuring myself to win.
 I'm having fun and making great memories.	 I'm feeling overwhelmed and letting bad feelings overtake me.

Caroline Koehler

When You Are Losing

Have a plan 	When you lose, be prepared: take a deep breath, take a break, go for a walk, state a practiced sentence.	Say, "I'm going to do my best and be proud of myself."
Good sport 	Increase your friend's self esteem by shaking hands, patting them on the back, or saying nice things.	Say, "Good job! I would like to play with you another time."
Focus on fun 	Remove stress by working on having fun with friends instead of competing.	Say, "I really like spending time with you. Thanks for great time."
Follow the rules 	It's okay to feel sad. Celebrate yourself for playing the right way and not cheating. Cheating is losing.	Say, "Winning is fun but having friends is better. Tell your opponent how much you appreciate them."
Chance and luck 	Losing doesn't mean you aren't smart or special; some things are just chance.	Say, "Playing by the rules makes you a winner. Being honest and fair makes everyone a winner."

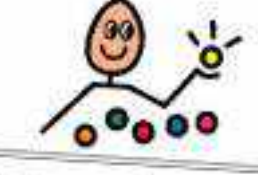
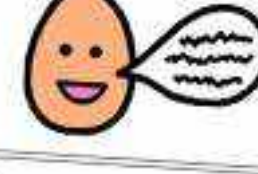
When You Are Winning

Try to do well 	Set goals and try to improve your skills.	Say, "I'm going to do my best and be proud of myself."
Good sport 	Feel good that you won but celebrate calmly without bragging.	Say, "Good job! I would like to play with you another time."
Cooperative 	Get along with friends and practice taking turns and sharing.	Say, "I really like spending time with you. Thanks for great time."
Enjoy 	Have fun and enjoy the activity and practice increasing your happiness.	Say, "Winning is fun but having friends is better. Tell your opponent how much you appreciate them."
Encourage 	Winning is fun but having friends is better. Tell your opponent how much you appreciate them.	Say, "Playing by the rules makes you a winner. Being honest and fair makes everyone a winner."
Be fair 	Playing by the rules makes you a winner. Being honest and fair makes everyone a winner.	Say, "I'm going to do my best and be proud of myself."

WINNING VS LOSING MONITOR



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Having fun 	2 I am enjoy the activity. I am building great friendships.	Being around happy people feels nice. Others enjoy
Doing your best 	1 I am getting smarter and learning more.	Others a happy for and want to be around me more.

Good Sport Monitor

	5 I am having a tantrum. This is not okay. I need to take a break and relax.
	4 I am using angry words. This is not okay. I need to say nice words or stop talking.
	3 I am stressing out. I need to use a strategy to relax. I will focus on having fun.
	2 I am having fun. This is good. I will make nice memories.
	1 I am doing my best. I am concentrating and growing.

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Good Sport Monitor

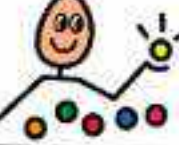
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 Focus on fun	Remove stress by working on having fun with friends instead of competing.	Say, "I didn't win but I enjoyed the part when I ____."
 Follow the rules	It's okay to feel sad. Celebrate yourself for playing the right way and not cheating. Cheating is losing.	Say, "You were a good opponent. I'm glad the rules were followed."
 Chance and luck	Losing doesn't mean you aren't smart or special; some games are about good fortune.	Say, "I guess you were bitten by the good luck bug. Maybe I'll have better luck next time."
 Another time	If you lose, you could ask for another chance to try again later. Later could be now or a different day.	Say, "Good game. Would you like to play again later?"

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 Enjoy	Have fun and enjoy the activity and practice increasing your happiness.	Say, "I really enjoyed spending time with you. Thanks for a great time."
 Encourage	Winning is fun but having friends is better. Tell your opponent how much you appreciate them.	Say, "I'm glad you played with me. I'll play together have a lot of fun."
 Be a Good Sport	Winning by the rules makes you a winner. Being honest and helping everyone makes everyone more fun.	Say, "You were a good opponent. I'm glad the rules were followed."

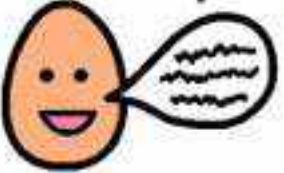
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 Encourage	Winning is fun but having friends is better. Tell your opponent how much you appreciate them.	Say, "I'm glad we can play together. You have a lot of talent."
 Be fair	Playing by the rules makes you a winner. Being honest and kind helps everyone have more fun.	Say, "You were a good opponent. I'm glad I was able to learn from you."

Good Sport Monitor

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 I am using angry words. This is not okay. I need to say nice words or stop talking.	4
 I am stressing out. I need to use a strategy to relax. I will focus on having fun.	3
 I am having fun. This is good. I will make nice memories.	2
 I am doing my best. I am concentrating and growing. I am getting more skills.	1

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Click here for visual p behavior

Caroline Koehler

The image displays a collection of 24 essential learning tools for social skills training, arranged in a grid-like fashion with a cartoon girl in the center. The tools are designed to teach specific social skills and emotional regulation.

- Effort Monitor:** A colorful chart with numbers 1-5 and illustrations of a person's effort level.
- Truth Monitor:** A chart with three levels of truth-telling, each with a corresponding illustration and a number (1, 2, 3).
- Tattling Monitor:** A chart with numbers 1-5 and illustrations of a person's tattling behavior.
- Arguing Advice:** A chart with four levels of arguing, each with a corresponding illustration and a number (1, 2, 3, 4).
- Feelings Choices:** A large chart with a grid of faces showing different emotions (happy, sad, angry, etc.) and numbers 1-5.
- Stealing Monitor:** A chart with four levels of stealing, each with a corresponding illustration and a number (1, 2, 3, 4).

The cartoon girl in the center is smiling and holding a large number 1, symbolizing the first step in learning these skills.

24 ESSENTIAL LEARNING TOOLS

- ✓ **Positive Behavior Management**
- ✓ **Social Emotional Learning Tools**
- ✓ **Simple but Powerful Visuals**