

Being A Good Sport

ACTIVITY **29**

Learning Objective: To teach children that being a "good sport" will help them get along better with others

Skill: Social interaction

Ask the group, "What does it mean to be a 'good sport'?" Brainstorm ideas and write them on the blackboard or a large sheet of paper.

Tell them:

Being a good sport when you're playing a game is important. It's also important to be a good sport when things don't go exactly the way you want, or expect, them to.

Suppose you don't get chosen for a team, or you get the worst-looking piece of cake on the plate, or you get hit with a ball by accident. If you can accept that things like that happen from time to time—that no one is out to get you—you'll be considered a good sport.

It's okay to be upset if things don't go your way, but it's best to save your hurt or anger for a time when it's safe and appropriate to express those feelings—probably to someone who cares about you and will understand. In the meantime, it will help you get along with others if you can accept what happens and be pleasant about it.

Have the group volunteer to tell about circumstances when something they wanted to happen didn't go according to plan. How did they react? Did things go more smoothly when they were good sports?