

Being a Good Sport

A Comprehension Guide

(use this with the Good Fit program <https://kevinplummerphd.com/good-fit/>)

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Remember that everyone takes turns winning and losing, so it's important to work on good sportsmanship skills. Showing good sportsmanship is about being kind, respectful, and fair to your opponents, whether you win or lose.

Shake hands or give a high-five to the other team or players, and congratulate them on their victory. Say, "good game," or "thanks for playing."

Playing a game is supposed to be enjoyable. Being a good sport means that you try to enjoy the experience and try to have fun, just as you let others enjoy themselves and have their fun. Being a good sport means that you appreciate the opportunity to play with someone else, just as you want them to appreciate the chance to play with you.

Remember, being a good sport doesn't mean you can't feel disappointed or frustrated when you lose. It's normal to have those feelings, but what matters is how you handle them and treat others. Control your own temper, use polite language, or give yourself a quiet chance to get over your own disappointment, just as you would do the same for others.

A good fit, when playing a game, is that you enjoy the experience while playing and that you show good sportsmanship during the game and at the end of the game, whether you win or lose.

If a game is a good fit, it can be a choice for the next time. If it is in the yellow (it might be a good fit or it might not be a good fit) it can be tried again, but it has to go well to move into the "good fit" zone (or else it becomes a "not a good fit"). If a game is not a good fit, we take a rest from that game for several days. . .

"Don't worry, there are plenty of other choices if that activity was not a good fit for you. You had a chance to make it a good fit and you tried, but it was too difficult for you. Let's do things that work for you and stay away from things that don't work."