

THE Counseling CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

Tips for How to be a Good Sportsperson

Now that school and sports are in full swing, it is crucial to help kids learn to handle themselves at recess while playing games or competing at sports outside of school. Here are some helpful tips...

How to be a Good Winner

- Be humble when you win. Do not brag or walk around saying, "We're the best! You stink!"
- Do not cheer when the other team or person makes a mistake.
- Do not make rude comments to the other team or person.
- Compliment the other team or person when they do something well during the game.
- Be familiar with the rules of the game and be fair.
- At the end of the game, high-five, fist bump or shake hands with the other team or player.

How to be a Gracious Loser

- Do not lose your temper when you are losing.
- Do not make excuses for losing like, "You got lucky," "I let you win."
- Do not quit before the game is over because you are losing.
- Do not argue with the scorekeeper or referee.
- Do not yell at your teammates because they made a mistake or your team lost.
- Do not only play games you are good at. Take risks. Allow yourself to fail and improve.

October's Focus:

How to be a Good Sportsperson

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The Good Sport Code



I am a good sport
and respect my classmates



I give my 100% best
and I will never give up



Win or Lose...
I have fun and play hard



I congratulate my opponent when
they win
I love to win, but I do not brag



AFTER ALL...



IT'S JUST A GAME

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How to be a Good Sportsman

