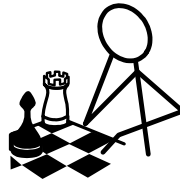
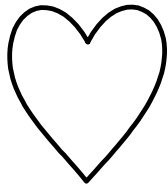




**It Is Ok To Lose**



My family like to play games with me.



Sometimes I win and sometimes I

lose.



When

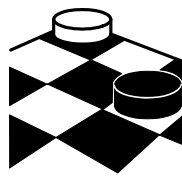
I

win

I can

feel

happy.



When

I

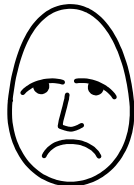
lose

a

game

this

can



make

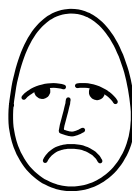
me

feel

sad

or

angry.



It

is

ok

to

feel

sad

or

angry.



I can try to calm down by



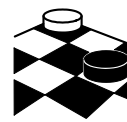
1. stopping



2. breathing



My mummy or daddy can help me calm down.



When I am calm I can say 'good game' to



the winner.

