

Social Story

**When I Lose
a Game:**

**Practice
Scenarios &
Worksheets**

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This activity pack is designed to go with the main social story, When I Lose a Game. Click the download button below to get the story for free.

Social Story

When I Lose a Game

FREE DOWNLOAD

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The grid contains six small images with captions:

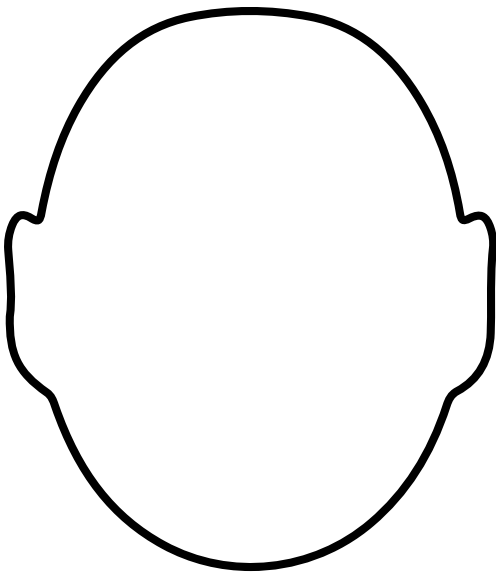
- Top-left: A child playing a board game. Caption: "Sometimes I play games with other people. Games can be fun, exciting, and competitive."
- Top-middle: A child sitting on the ground, looking sad. Caption: "When I lose a game, I might feel sad, angry, or disappointed. That is okay. Those feelings are normal."
- Top-right: A child looking up. Caption: "I do not need to shout, argue, or walk away angrily. I can take a breath and remember that it was just a game."
- Bottom-left: A group of children playing. Caption: "Sometimes I win, and sometimes I lose. Everyone loses sometimes - even adults."
- Bottom-middle: Two children talking. Caption: "Well done!" "Even if I feel upset, I can still be kind and respectful. I can say, 'Good game' or 'Well done' to the person who won."
- Bottom-right: A child playing with a ball. Caption: "Losing is part of learning and playing fairly. I can try again next time."

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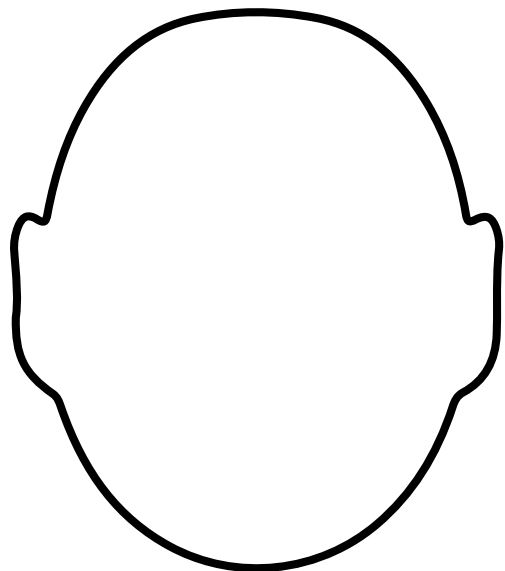
How I Feel When I Win or Lose

Draw a face to show how you feel when you win and when you lose. Underneath each face, write a word to describe your feeling.

When I win



When I lose



**How can you calm down if you feel upset
after losing a game?**

Look at the next two pages and choose a calming idea that works for you – or think of your own.

Things I can do when I need to

CALM DOWN



SAY HOW
I FEEL



TAKE DEEP
BREATHS



WRITE A
LETTER



IMAGINE A
SAFE PLACE



SIT IN
CHILD'S POSE



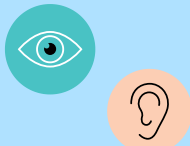
HAVE A DRINK
OF WATER



TAKE A WARM
BATH



GO FOR A RUN



TRY THE 5-4-
3-2-1
GROUNDING
TOOL



ASK FOR A
HUG



PAINT OR
COLOUR



BLOW BUBBLES
SLOWLY



SMELL
SOMETHING
I LIKE



SQUEEZE A
SOFT TOY



LISTEN TO
CALMING
MUSIC

100

99

98

COUNT
BACKWARDS



SPEND TIME
IN NATURE



PRESS HANDS
TOGETHER,
THEN RELAX



WATCH
SOMETHING
CALM



USE NOISE-
CANCELLING
HEADPHONES



PLAY WITH
MY PET



CUDDLE MY
SOFT TOY



WRAP MYSELF
IN A BLANKET



FEEL MY
HEARTBEAT

More things I can do when I need to

CALM DOWN



READ A BOOK



STRETCH MY
BODY



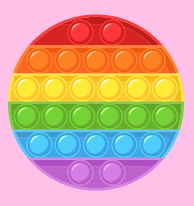
BOUNCE A
BALL



BUILD
SOMETHING



LOOK UP AT
THE STARS



USE A FIDGET
TOY



JUMP UP AND
DOWN



SING OR HUM



ASK SOMEONE
FOR HELP



CLAP MY
HANDS



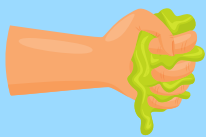
LOOK AT
HAPPY
PHOTOS



DO A PUZZLE



DANCE TO
MUSIC



PLAY WITH
SLIME OR
PUTTY



BLOW ON A
PINWHEEL



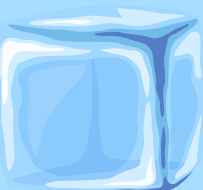
WATCH THE
CLOUDS



WHISPER
CALMING
WORDS



SIT
SOMEWHERE
QUIET



HOLD AN
ICE CUBE



COUNT THE
COLOURS
I SEE



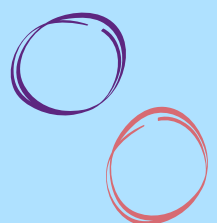
SAY
SOMETHING
KIND TO
MYSELF



TAP MY
FINGERS



BREATHE
WITH
A FEATHER



DRAW SLOW
CIRCLES

When I Lose a Game – How Do I React?

Look at each scenario on the slips below. Cut them out and sort them into the correct column – Kind/Helpful Reactions or Unkind/Unhelpful Reactions – on the next page.

I say, "Good game!"	I shout at the person who won.
I smile and say, "Well done."	I walk away and slam the door.
I ask, "Can we play again?"	I cry loudly and do not talk to anyone.
I take a deep breath.	I say, "That was not fair!"
I say, "Maybe I will win next time."	I call the other person a mean name.
I ask if we can play something else.	I remind myself, "It is okay to lose."
I throw the game pieces.	I push or hit someone because I am upset.
I say, "I don't want to be your friend anymore."	I say, "This game is stupid."

What Should I Do When I Lose a Game?

Kind / Helpful Reactions

Unkind / Unhelpful Reactions

Role-Play Cards: What Could I Do?

Read each situation below.

Can you act out or say something kind and calm that you could do in this situation?

You can practise with an adult or a friend.

YOU LOST A RACE.



YOUR FRIEND WON A BOARD GAME.



YOU CAME LAST IN A QUIZ.



SOMEONE ELSE WAS PICKED FIRST FOR A TEAM.



YOU LOST A CARD GAME.



YOUR TEAM DID NOT WIN THE MATCH.



YOU WERE NOT CHOSEN TO GO FIRST.



YOUR TURN WAS SKIPPED BY ACCIDENT.



A YOUNGER CHILD BEAT YOU IN A GAME.



YOU TRIED YOUR BEST, BUT SOMEONE ELSE WON.



What Happened When I Lost a Game



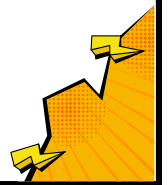
Draw your own comic to show what happened when you lost a game.

Use the boxes below to help you think about what happened and what you can do next time.

WHAT GAME WERE YOU PLAYING?



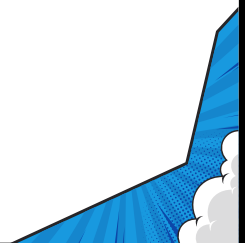
HOW DID YOU FEEL WHEN YOU LOST?



WHAT DID YOU DO OR SAY?



WHAT WILL YOU DO NEXT TIME
IF YOU LOSE?



Fill in the Blanks: What Can I Do When I Lose a Game?

Read each sentence and fill in the missing word to show how you feel and what you can do when you lose a game.

- When I lose a game, I might feel _____.
- Instead of shouting, I can _____.
- I can say _____ to the person who won.
- Taking a deep breath helps me feel _____.
- Being kind after losing shows I am a good _____.
- If I feel upset, I can _____ to calm down.
- I feel proud of myself when I _____ even if I lose.
- Next time I play a game, I want to remember to _____.

Fill in the Blanks: What Can I Do When I Lose a Game?

Example:

- When I lose a game, I might feel sad.
- Instead of shouting, I can take a deep breath.
- I can say “Good game!” to the person who won.
- Taking a deep breath helps me feel calm.
- Being kind after losing shows I am a good friend.
- If I feel upset, I can go somewhere quiet to calm down.
- I feel proud of myself when I stay calm even if I lose.
- Next time I play a game, I want to remember to be kind.

WELL DONE ME!

CERTIFICATE AWARDED TO:

FOR:

STAYING CALM AND KIND WHEN LOSING A GAME

SIGNED:

DATED: -----

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social stories

for children and adults with
autism and learning difficulties.

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direct work



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