
WAGGA
Learns to Cool Down after Losing
Children's Edition

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A Guide to:

Wagga Learns to Cool Down after losing

Why is it important for children to learn to cool down after they have lost a game or competition?

Many children (and adults) feel negative emotions after losing. Those negative emotions can come on suddenly and may expressed through aggression (e.g. hitting or screaming) and/or crying. The urge to compete and win is natural and important for survival. However, children need to learn appropriate ways of dealing with the negative emotions and thoughts that follow losing. Otherwise, they may be seen as disruptive and may not have as many opportunities to join in activities. Dealing with losing also builds resilience as it provides children with the skills to cope with disappointment and frustration.

The approach to helping children deal with losing is similar to the approach of helping children calm down when they are angry. Depending on the intensity of their negative emotions, children may first require a more robust manner of calming down, such as taking deep breaths while clenching their fists. Subsequently, children are encouraged to express their feelings and may be guided to view the situation in perspective.

Key learning goals

1) For children to view losing a game in another perspective, i.e., understand the concept of 'It's only a game'.

2) For children to identify and apply coping strategies to cool down.





Wagga and his friends are playing musical chairs.

Jonas, Abby and Wagga...



are close to winning!



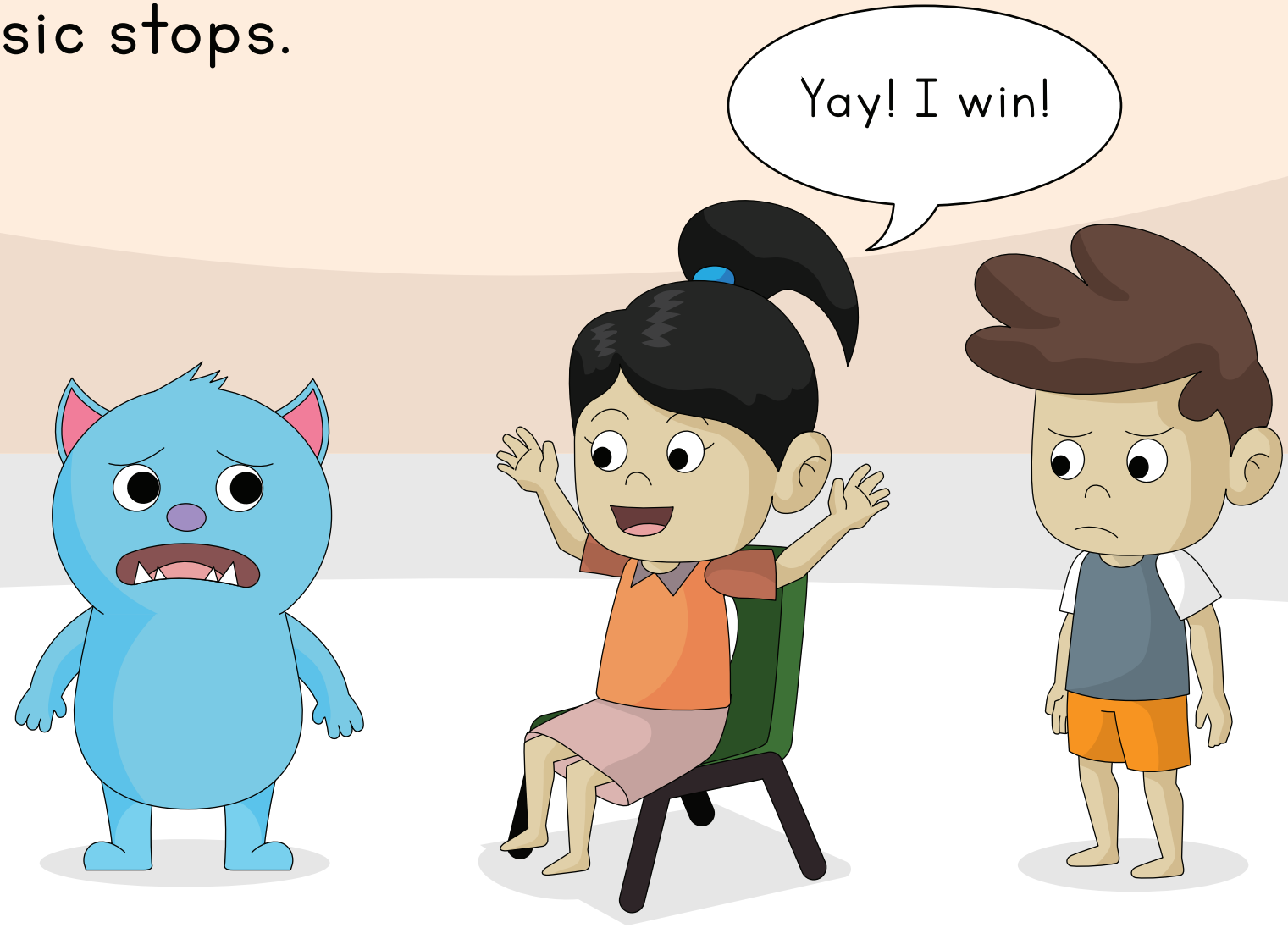
Wagga feels excited!

As the music begins...



Jonas, Abby and Wagga circle round the chair.

The music stops.



Abby sits on the chair and wins the game.

Wagga feels angry!

The volcano in his body becomes bigger and...





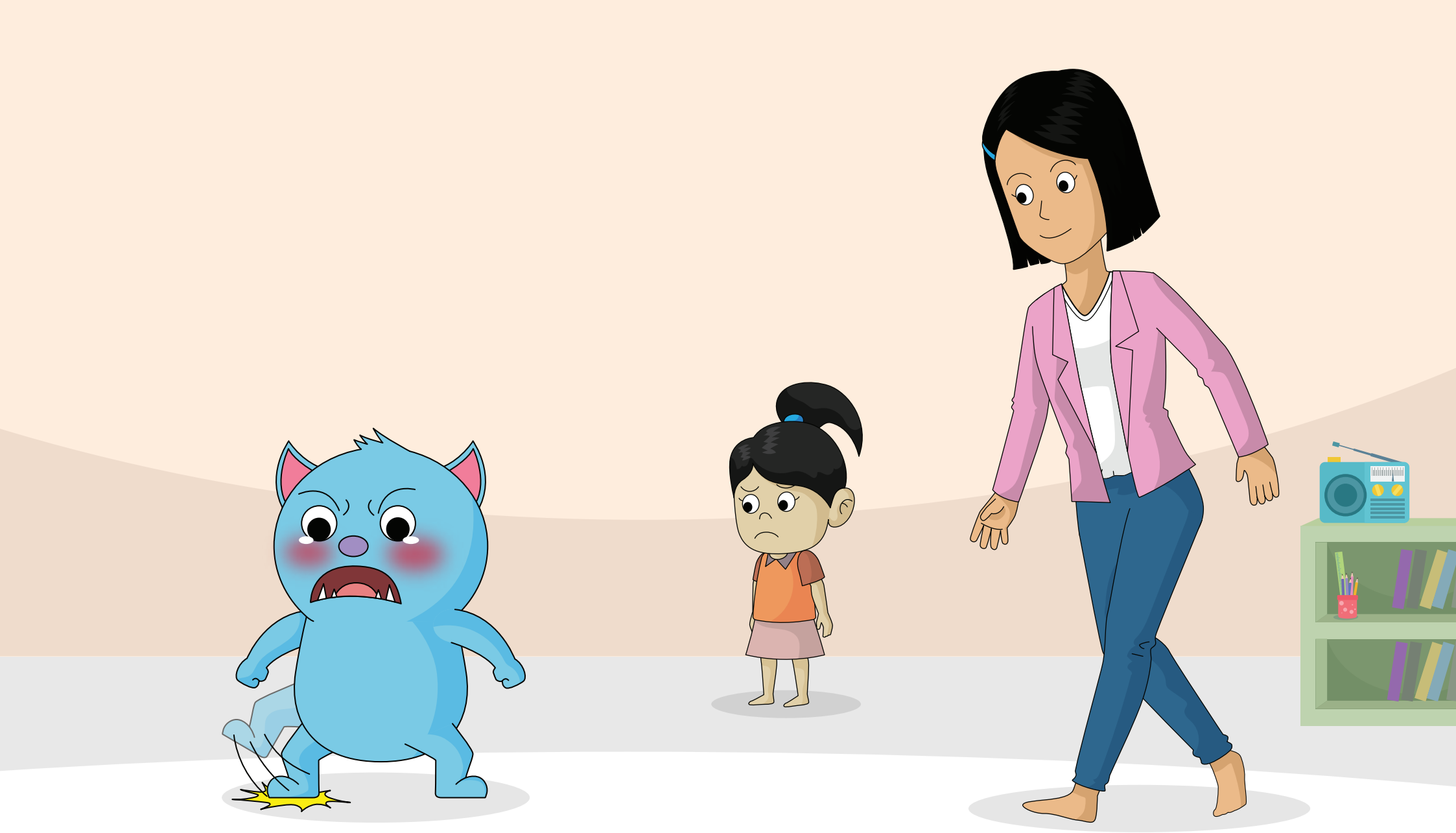
He stamps his feet and shouts loudly.



Wagga shouts at Abby and cries.



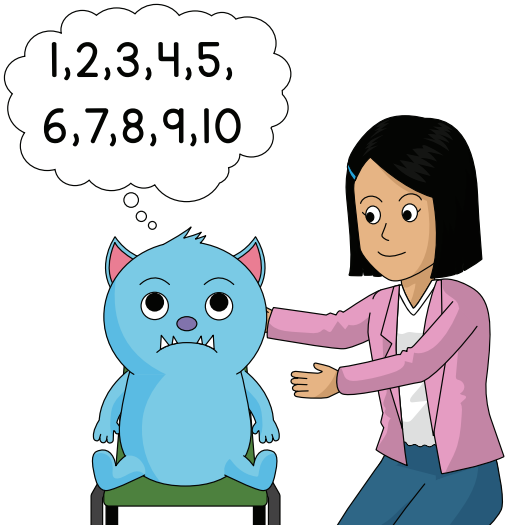
His head is also full of angry thoughts.



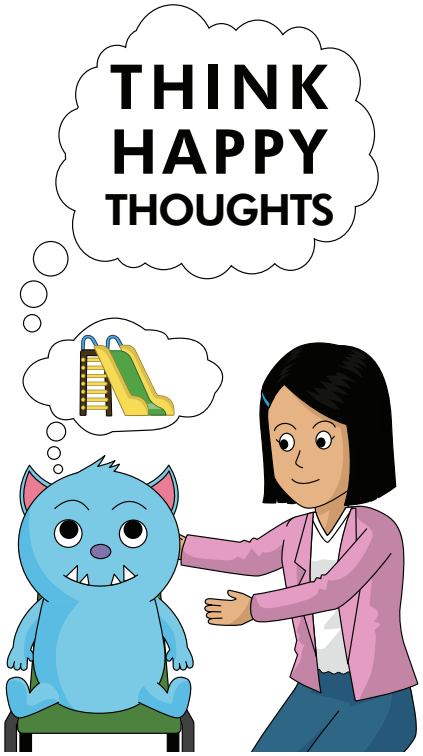
Teacher May hears Wagga shouting,
and walks over to him.

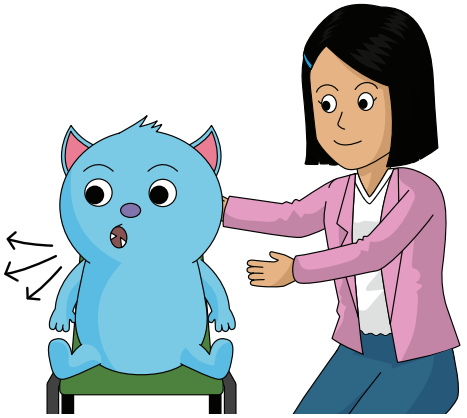


Teacher May helps Wagga to cool down.



COUNT 1 to 10



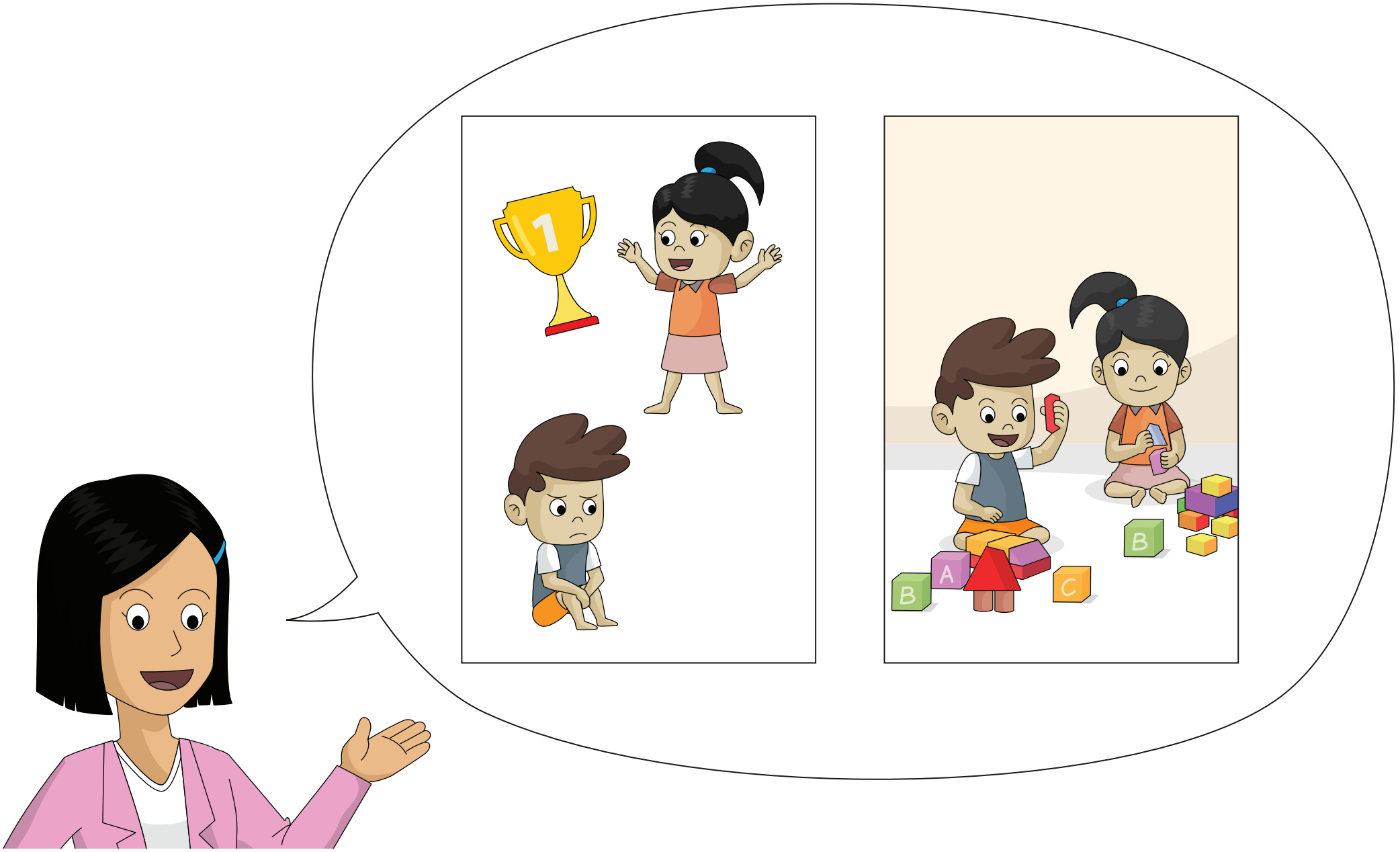


TAKE A DEEP BREATH

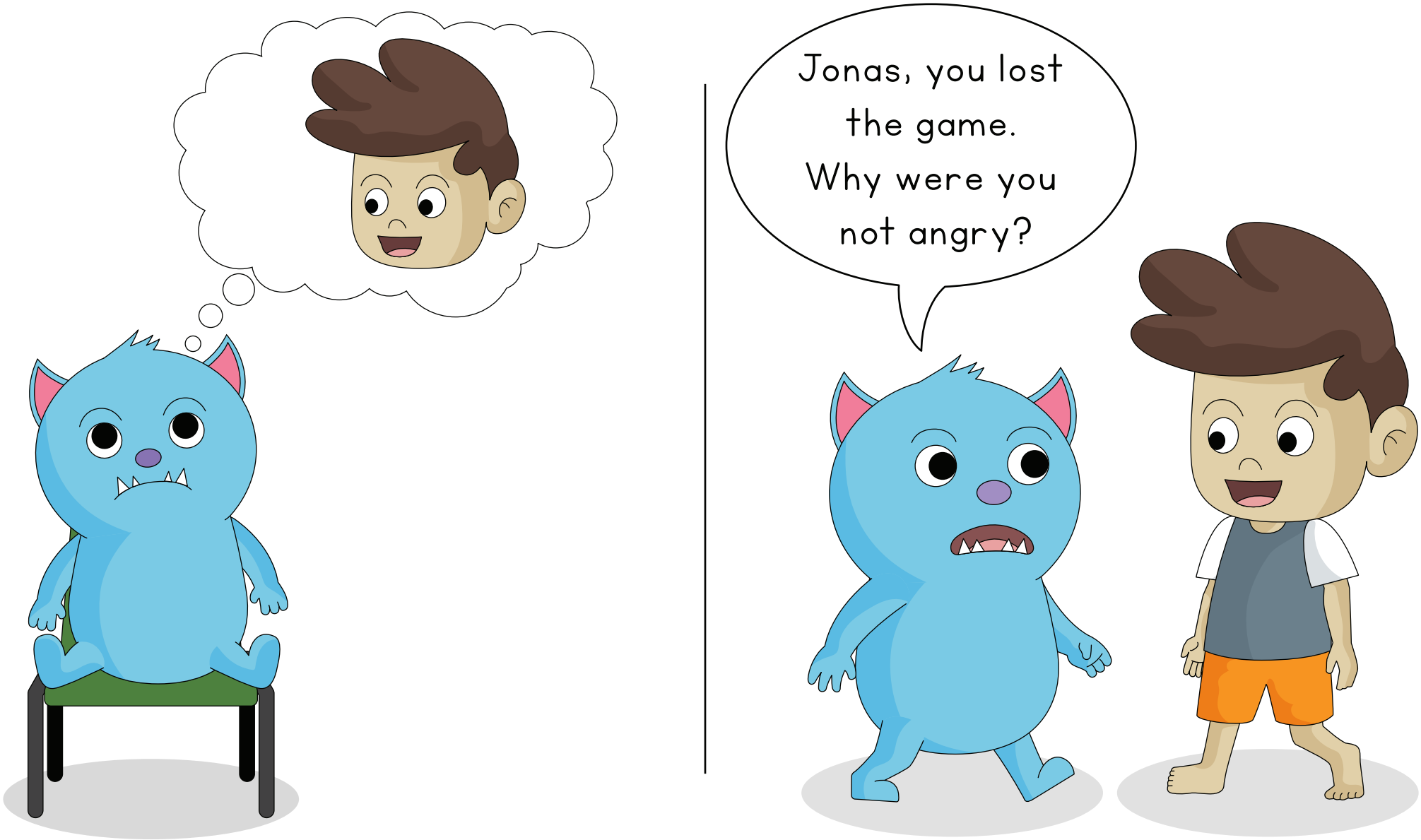
Wagga feels better.



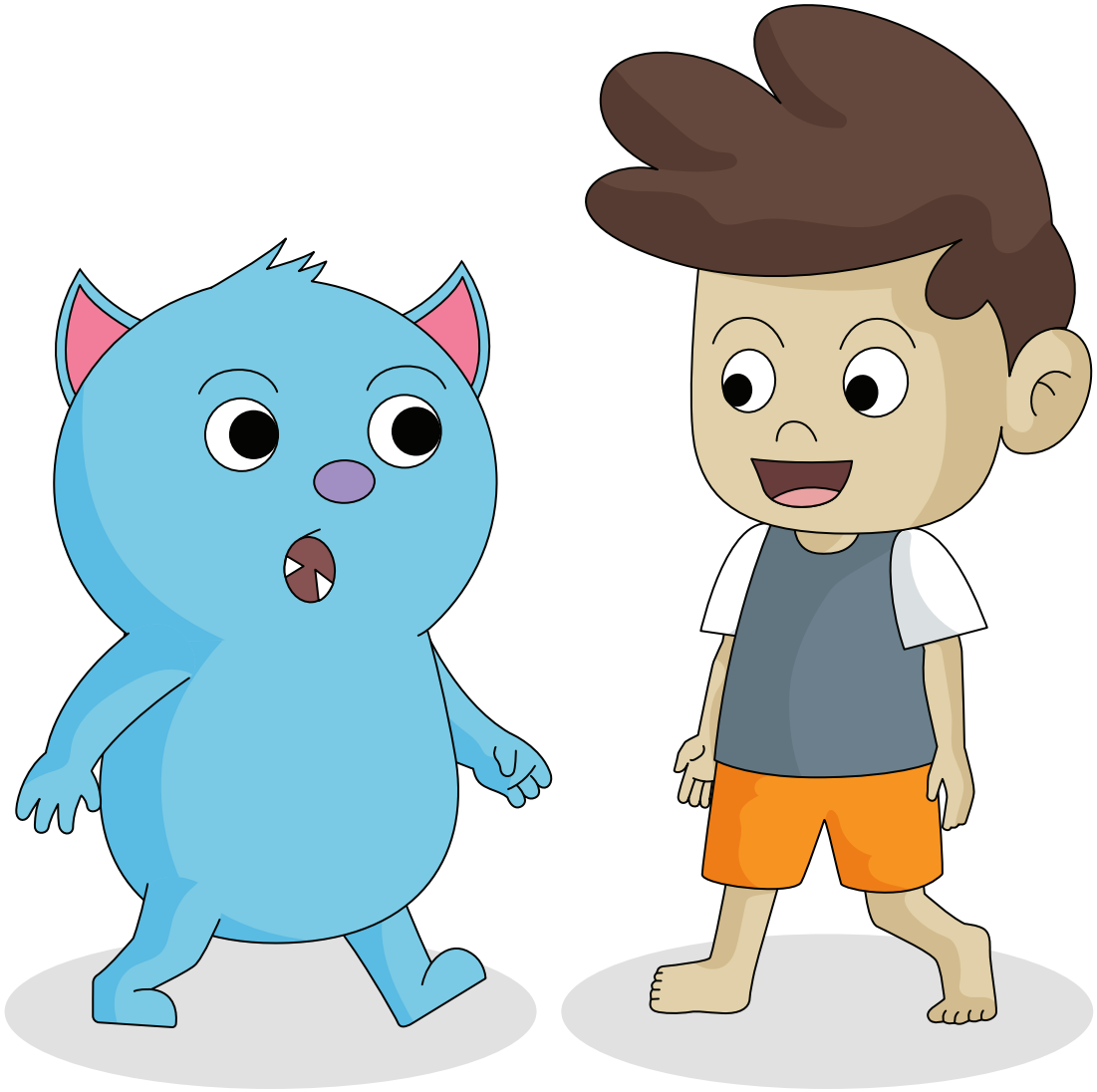
After Wagga cools down, Teacher May talks to him.



"When Jonas lost the game, did he get angry?"



Wagga wonders why Jonas is not upset.



“It was just a game. And I still had fun!”

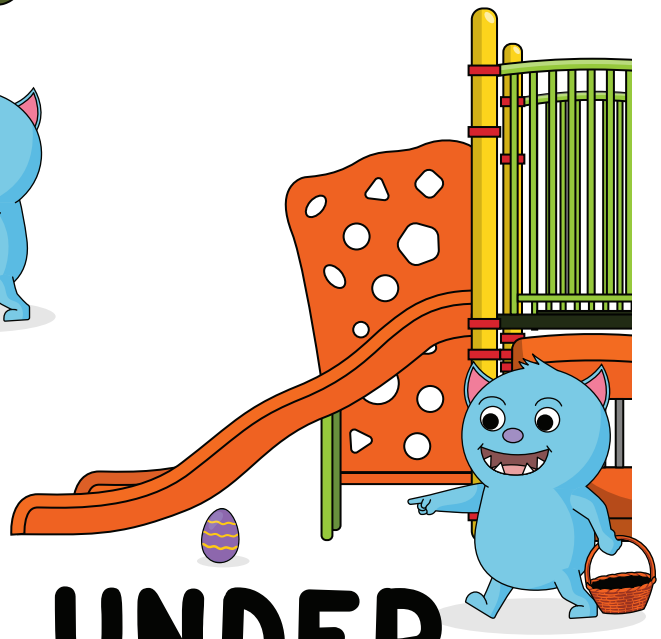


The next day, Wagga and his friends go for an egg hunt!

Wagga looked



BEHIND
the tree



UNDER
the slide



UP
the stairs



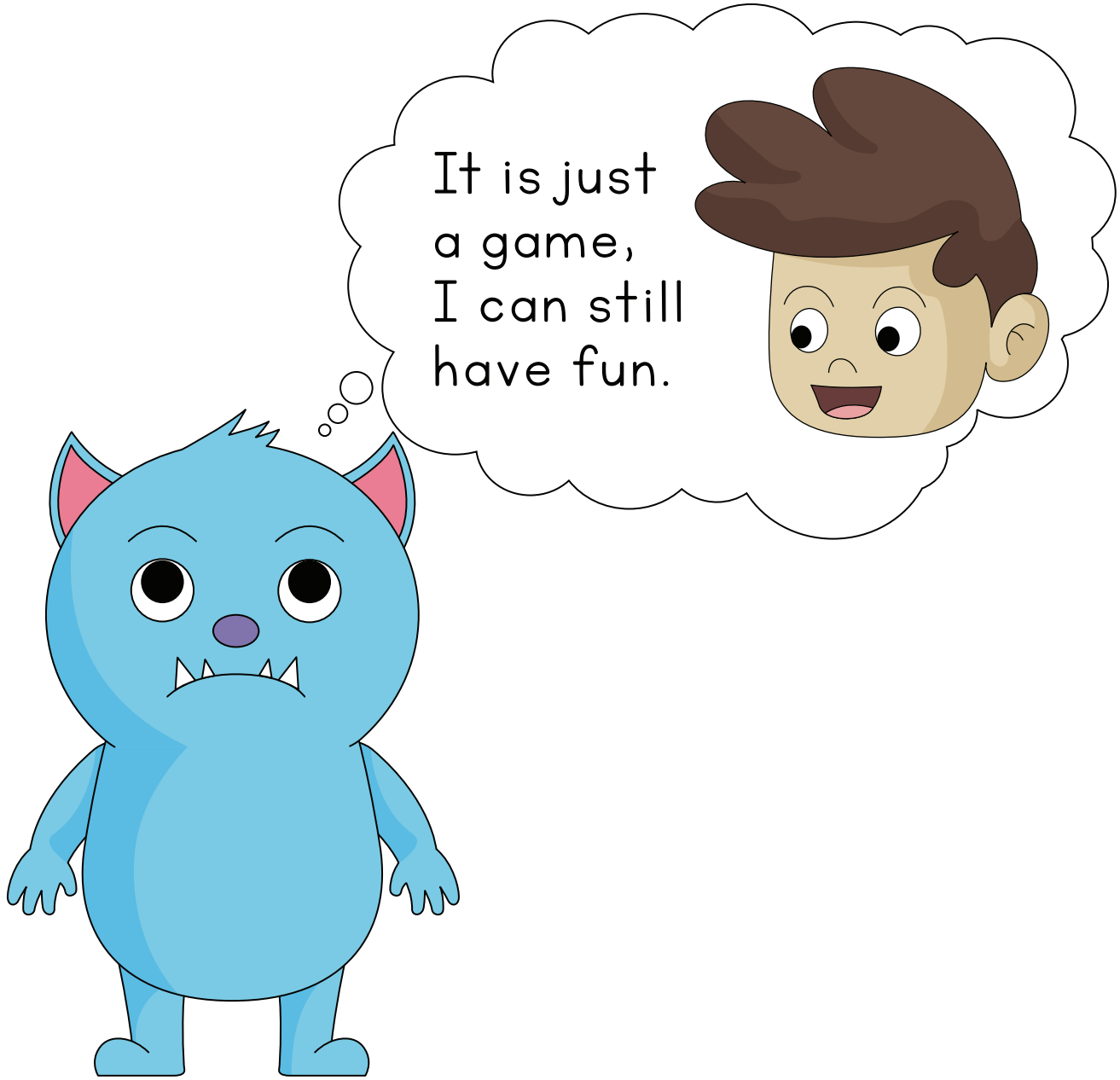
Wagga found five eggs!



Time's up! Max found the most number of eggs.



Wagga feels upset.



Then, Wagga thinks about what Jonas said.

Wagga thinks to himself, “I had fun!” .

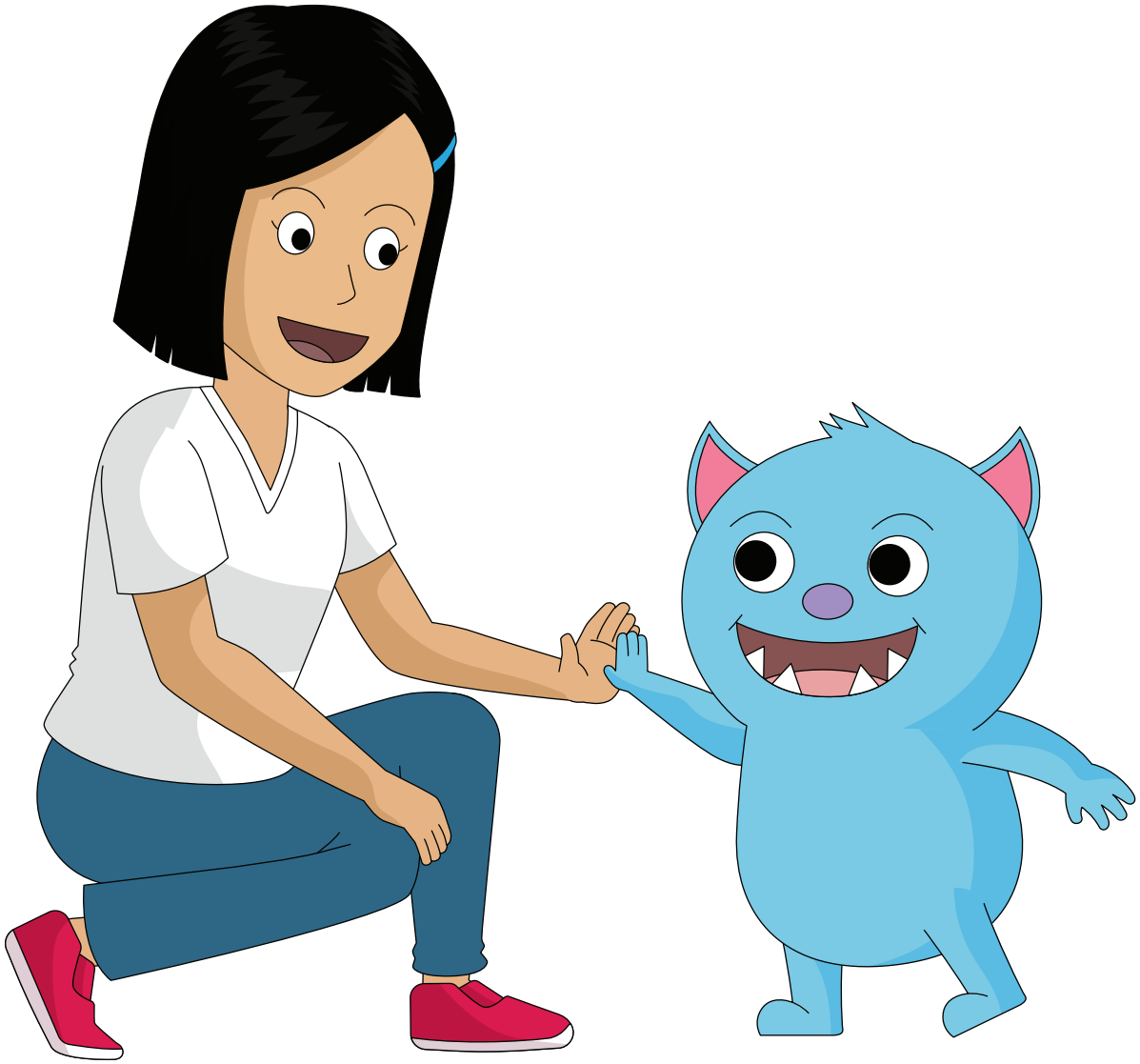






I had fun playing with my friends!

I had fun looking for the eggs!



Wagga feels happy for staying cool.

The End

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