

# Counselor's Corner

March 2024

## Healthy Competition and Being a Good Sport

How many times have you heard or uttered the following words to your child: It's not about winning; it's how you play the game that matters. We all know that it's not possible to win at everything. All the more important to help teach our kids how to deal with defeat. Ideally, we want our children to learn that good sportsmanship builds teamwork and character. It also teaches respect, kindness, inclusion, resilience and perseverance.

- **Inclusion** - Everyone should have an opportunity to play and this also means encouraging all skill levels to have fun.
- **Respect** - Show respect for the other team, regardless of who wins or loses. If your team loses, accept the defeat, acknowledge the effort and abilities of the other team, and move forward.
- **Encouragement** - Praise teammates for the things they do well and encourage them when they make mistakes.
- **Keep perspective** - Youth sports is a great way to learn so many skills that are relevant both on and off the field/court. Very few wins and losses are remembered, even a short time later. Conversely, winning doesn't mean perfection or even guarantee a win later. Celebrate the wins with humility and have empathy for the team you defeated.

The modeling around us serves as a teaching opportunity for our kids. It's important for all the adults in our kids' lives also demonstrate these principles. Parents and coaches can also look for examples in professional athletes and point them out to kids.



(831) 429-1456  
<https://www.hvesd.com/>

### Upcoming Events

3/10 Daylight Savings  
Time Ends

3/13 Board Meeting  
3:30 pm MPR

3/15 No School  
Staff Development  
Day

3/19 Coffee with the  
Principal  
8:30 a.m. MPR

3/20 Parent Club  
Meeting  
6:30 pm Zoom

3/29 PeaceBuilder  
Assembly  
11:15 a.m. Stage

4/1-4/5  
Spring Break

# Practice at Home

## How do I model a healthy competitive spirit?

Structure household competition so that kids compete against themselves, not against each other. Teach them to say, "Did I do better than last time?" instead of, "Did I do better than you?"

## What if my child is not competitive?

Encourage your child to say, "I like to play for fun!" instead of, "I don't like sports."

## Should I let my child win while we play games?

No. Instead, model how to be a good sport regardless of winning or losing.



“The best competition I have is against myself to become better. – **John Wooden**”

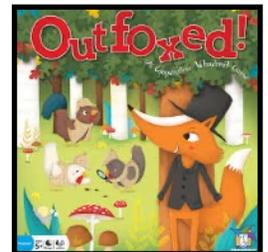
## Game Ideas

Games are a wonderful way to promote healthy competition. Here are a few ideas to get you started at home:

Here are a few games that promote collaboration and teamwork

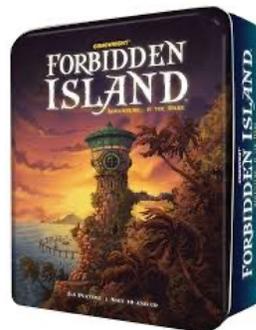


Hoot Owl Hoot! (4+)



Outfoxed (5+)

Forbidden Island (7+)



Castle Panic (10+)

