

Howard B. Wigglebottom Learns about Sportsmanship: Winning Isn't Everything

Suggestions for Lessons and Reflections

★ TO BE THE BEST

Howard always wanted to come in first. He used to be very upset if he lost or came in second. He felt he was better than other kids when he won a game or came in first.

Are you like Howard? Do you know anyone like him? How do you feel about losing a game to someone older than you? How about losing to someone younger than you are?

After a while, Howard learned that it is OK not to win sometimes. Winning or losing didn't make him better or less than other kids. All he needed was to do the best he could. He learned that doing his best at everything is different than being the best at everything. Can you tell the difference?

We play games and sports to have fun, to make friends, to learn new things, and to grow stronger and smarter.

It makes no difference if we win or lose as long as we have a good time and do the best we can.

★ TEAM SPORTS

Do you know what team sports means? It is when a group of kids – the players – are working together towards the same goal. That means they want the same thing, have the same target.

There are many team sports, for example: baseball, football, basketball, soccer, volleyball, rugby, polo, cricket, and lacrosse.

What is your favorite team sport? Do you watch any sports or games? Do you play any team sports or games? Can you name a few teams? Some famous teams are the Heat, the Lakers, the Yankees, the Red Sox, etc.

Before Howard learned his lesson, he was not a team player: he yelled at his teammates when they made a mistake and never shared the ball. Playing with him was not fun.

When did Howard learn his lessons? What were the lessons he learned? Howard learned his lessons when the coach sent him to the bench and he watched his

friends being nice to each other and having fun. He also understood how badly he was behaving when he saw the very upset dad yelling at the refs. One of the lessons Howard learned was about being a team player.

A team player:

- is nice and respectful to his/her teammates.
- shares the ball.
- says positive things.
- forgives mistakes.
- doesn't cheat.

Do you belong to a team? Are you a team player? Playing on a team is very good for us. Do you know why? Because when we are a part of a team we learn to cooperate, to share, to solve problems, to have a positive attitude, and to work with kids that are different than we are. These are skills we will use for the rest of our lives!

★ SPORTSMANSHIP

The second lesson Howard learned was about sportsmanship. What does it mean to be a good sport? It means to:

- be fair and follow the rules of the game.
- respect all players: your teammates and the other team players, the referee, and everybody else around.
- be a good winner, be humble, and tell the losing team how well they did in the game.
- be a good loser, congratulate the winners, and tell them how well they did in the game.
- promise yourself to find out how you can do better next time.

Howard didn't want to be like that upset dad, yelling and saying bad things to the players of the other team. When Howard learned his lessons about sportsmanship he understood how to win and to lose and how to handle success and failure.

Are you a good winner? Are you a good loser? What do you do when you lose or when you win?

Remember: Sportsmanship means to be fair, have fun, have a positive attitude, and always do the best you can.