

Ezz's three secrets

for when I don't win

1 Let the sad out

It's okay to feel sad. Squeeze your fists tight, tighter... and let go.

2 Say “well done”

When your friend wins, give a high five and say well done. They tried their best too.

3 Find your one good thing

What's ONE thing you did really well today?

Losing can feel a bit yucky. That's okay. You've got this!

✂ cut out pocket cards: one for your pocket, one for your grown-up at the finish line

My three secrets

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2 Say “well done”

3 My one good thing

You've got this! Big Little Firsts

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