



Social Narrative: *Losing!*

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Losing “Extra Mad Energy”

When you play a game with your friends and family only one person can win. This means sometimes you may lose. Learning how to lose is an important part of playing games.

When you lose a game, you may feel angry. This means you may have “extra mad energy.” This is OK. Some people feel “extra mad energy” when they lose.

You can try to let go of the “extra mad energy”:

- 1. First, try 5 fist squeezes. You can squeeze your fist really tight and count to 5 slowly in your head. This may help you let go of some of your mad energy.**
- 2. Next, take 3 deep belly breaths to let go of more “extra mad energy”. Take deep breaths in and hold for 4 seconds and slowly let the air out.**

When the “extra mad energy” is low and your body is ready, you can try to say nice words like “**Good Game!**”

It is nice to finish the game with nice words. Your friends and family may want to play the game again. Next time you could win.

