



Social Narrative: *Winning!*

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Winning “Extra Happy Energy”

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

When you win a game, you may feel excited. This means you have “extra happy energy.” This is OK. Some people feel extra happy energy when they win.

You can try to control the extra happy energy:

1. **Self talk: you can say 5 times in your thought bubble “I am in control of my extra happy energy”.**
2. **Next, you can take 3 big belly breaths. Take a deep breath in, hold it for 4 seconds and let your air out.**

When the “extra happy energy” is in control, you can try to wait for my friend to say nice words. Then you can respond, “Thank you!”

It is nice to finish the game with nice words. Your friends and family may want to play the game again. Who knows who will win next time!

