

Good Game or *Frustrating Failure*?

“Concentrate all the thoughts of your heart on love and unity.” –Abdu’l-Bahá

No way! Your team just lost the championship! It was *SO* close. Maybe you feel like running away or getting upset.

Instead, you line up with your team and give each opponent a high five as you say, “Good game.”

In the locker room, you start to calm down. You think about the great plays you and your friends made. And how you won a lot of games to *get* to the

championship. Your team is talented, and you have an encouraging coach. You’re glad you didn’t do anything negative when you realized you had lost.

Respecting yourself and others is what being a good sport is all about. You focus on the joy of playing the best game you can, no matter who wins. And you build true friendships among your teammates—because they will continue long after the last whistle blows.

These players are on the sidelines at the big volleyball game. Match each negative thought with the positive one that can replace it.

1 THE REF *HATES* US! THAT BALL WAS IN BOUNDS!

2 IF I DON'T GET TO PLAY SOON, I'M QUITTING.

3 HORRIBLE PLAY! NO WONDER SHE GOT HIT WITH THE BALL.

4 IDIOT! SHE BLEW IT ON THAT SERVE.

5 I SHOULDN'T *EVER* HAVE TO SIT OUT. I'M THE BEST PLAYER WE HAVE.

6 IF THIS TEAM BEATS US AGAIN, I'M GONNA LOSE IT!

7 THAT'S A STUPID RULE. WE COULD JUST CHEAT. I DON'T THINK WE'D GET CAUGHT.

8 IF WE WIN, I'M NOT STICKING AROUND TO SAY “GOOD GAME” TO THESE LOSERS.

9 IT'S NIKKI'S FAULT WE LOST LAST WEEK. SHE'D BETTER NOT MESS UP THIS TIME.

A TOUGH PLAY. I HOPE SASHA DIDN'T GET HURT.

B SHE MUST FEEL BAD ABOUT THAT SERVE. I'VE DONE THAT.

C THIS TEAM BEAT US ONCE. ALL WE CAN DO IS PLAY OUR BEST.

D WE LOST LAST WEEK, BUT WE LEARN FROM EVERY GAME.

E THE BALL LOOKED IN BOUNDS—I GUESS THE REF SAW IT OUT.

F I DON'T LIKE SOME RULES, BUT I'M GLAD OUR TEAM PLAYS FAIRLY AND DOESN'T CHEAT.

G I HOPE I GET TO PLAY SOON. MAYBE COACH HAS ADVICE ABOUT HOW I CAN IMPROVE.

H I DON'T MIND SITTING OUT SOMETIMES, SO EVERYBODY HAS A CHANCE TO PLAY.

I THE OTHER TEAM LOOKS SAD TO BE LOSING, BUT THEY'RE STILL PLAYING A GOOD GAME.