



Listening Time:



28:42

SEASON 2, EPISODE 8

Winning & Losing

Winning gracefully and losing gracefully are skills. They're skills that people need to practice in early childhood and as we get older.

In this episode, three kids who know a lot about winning and losing — Aiden (a chess player), Eliza (a soccer player), and Willa (a gymnast) — join host Todd Loyd to discuss winning and losing and to go on a journey to the Land of Qook-a-lackas to help Quinby rethink a recent run of quibble loses. (The role of Quinby is played by Bridget Regan and the original song "Do Your Best" and ukulele music in the episode is by Bill English.)

Playing together requires social and emotional skills: working together, solving problems together, trusting our teammates. And, the end of a game, when someone wins and someone loses requires additional skills. Both winning and losing present great opportunities for children to practice social skills (how they act and react to others), emotional skills (how they self-regulate and cope with big feelings), and outlook (how they move forward and look toward continuing to improve next time).

As adults, we can help children learn important SEL skills by giving them the opportunity to play games and sports. Before starting a competition, make sure that everyone knows that someone will win and everyone else will lose. It is okay to be upset if you lose, but the experience of playing together can still be a fun one — it's about the journey!



Little Kids, Big Hearts Podcast

Learning Extensions

Quiddle Race

1st - 3rd Grade



Goals

- ♥ Encourage students to compete with each other
- ♥ Help students get used to coping with the feelings that come with winning and losing

Instructions



Play the Episode

If the class hasn't yet listened to the Little Kids, Big Hearts "Winning & Losing" episode, start by listening! It's on Apple, Spotify, or where you listen. Learn more (or listen) at playsparkler.org/podcast.

Discussion



In the episode, Aiden, Eliza, and Willa share stories about their experiences with winning and losing. Ask the children to share some of their own experiences and feelings on this topic. Do they relate to what the kids on the episode say? What are some of the ways they cope with losing? How have they learned to win gracefully?

Activity



Get Ready! Here's what you'll need:

- ♥ Your thinking caps!
- ♥ List of riddles (on next page) to share with the class



The Quiddle Race

- ♥ Tell the class: "When we compete, some people win and some people lose. This is normal! It can be hard to lose, but losing today doesn't mean you'll always lose, just as winning today doesn't mean you'll always win! Coping with the feelings that come with winning and losing take practice."
- ♥ Say: "We're going to have a Quiddle Race — just like in the Land of Qook-a-lackas — to practice winning and losing" and invite the students to line up on one end of the classroom.
- ♥ I'll read a riddle, the first person who gets it right gets to step forward one step toward me. We'll keep going until the end. Whoever is farthest to the other end of the room wins!
- ♥ (Please use the attached riddle sheet, or use your own favorite riddles.)



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The Quiddle Race

Q: What has legs but cannot walk?

A: A chair

Q: What word begins with E and ends with E, but only has one letter?

A: Envelope

Q: What goes up but never comes back down?

A: Your age.

Q: If you drop me, I'm sure to crack, but smile at me and I'll smile back. What am I?

A: A mirror.

Q: I'm light as a feather, yet the strongest person can't hold me for five minutes. What am I?

A: Your breath.

Q: What can you break, even if you never pick it up or touch it?

A: A promise.

Q: What's something that, the more you take, the more you leave behind?

A: Footsteps.

Q: A rooster is sitting on the roof of a barn facing west. If it laid an egg, would the egg roll to the north or to the south?

A: It's impossible — roosters don't lay eggs.

Q: What's bright orange with green on top and sounds like a parrot?

A: A carrot.

Q: What do you call a bear with no teeth?

A: A gummy bear.

Q: What always ends up broken before you use it?

A: An egg.

Q: What runs but cannot walk, has a mouth but no teeth, and has a bed but cannot sleep?

A: A river.



Snakes & lilies

PreK-1st Grade



Goals

- ♥ Practice playing a game where there will be winners and losers
- ♥ Cultivate resilience when you lose
- ♥ Develop patience and teamwork

Materials



Get Ready!

- ♥ Copies of the game board (on next page)
- ♥ Break up the class into groups of 3 or 4
- ♥ Dice for each team (can be played with one or two dice)
- ♥ One (different) coin per player (or other small item to move spaces on the game board)

Discussion



Discuss: In games, there is often only one winner. Everyone else loses. Discuss:

- ♥ How do you feel about winning?
- ♥ How do you feel about losing?
- ♥ Can you share a story about a time you lost and how it felt?
- ♥ What are some ways you can move through the big feelings that come with losing?

Instructions



Activity: Snakes and Lilies

Help Froggy get home to its parents.

- ♥ The youngest student goes first.
- ♥ Roll the dice: If you roll an odd number, move 1 space. If you roll an even number, move 2 spaces.
- ♥ Use the lilies to hop ahead, but watch out for snakes! If you land on the mouth of a snake, return to the tail end of that snake. (If you land on a "tail end," advance to the mouth!)
- ♥ If you land on a dark green lily pad with a flower shortcut, you can move on your next roll across the flowers to the next dark green lily pad.
- ♥ After one move, leave your coin or game piece on a lily and pass the dice to your classmate so they can have a turn.
- ♥ The first person to reach Froggy's parents at home wins!

Snakes & Lilies

