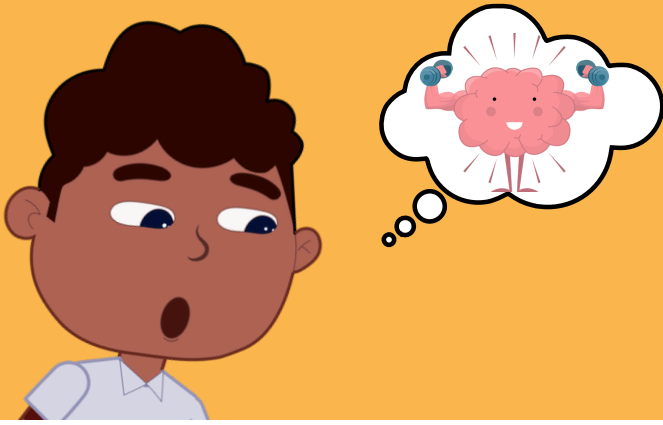


HELPING KIDS LEARN TO LOSE GRACEFULLY

**Because they won't always come first – and
learning to be okay with that is a life skill.**





"BUT I WANTED TO WIN!"

Losing can feel BIG when you're little.
You might see:

- Tears
- Anger
- Game pieces flying
- "I'm never playing again!"

Instead of expecting children to naturally be "good losers," remember:

Losing gracefully is a skill — and skills need practice.

The goal isn't to stop them from feeling disappointed.

It's teaching them what to do with that disappointment.



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LET THEM BE DISAPPOINTED



When your child loses, resist immediately saying:

- “It’s just a game!”
- “Don’t be a sore loser.”
- “Why are you crying?”

To them, it might genuinely matter.



Try:

“You really wanted to win.”
“It’s disappointing when things don’t go the way you hoped.”

Acknowledge the feeling –
without changing the result.



PRACTISE LOSING AT HOME

Board games are a great, low-stakes place to practise.

When you lose: “Ah, I really wanted to win! Good game.”

When someone else wins: “Congratulations! You played well.”

When you make a mistake: “Oops! I’ll try differently next time.”

Children learn how to lose by watching how we lose too.

And resist letting them win every time!

Experiencing small, safe disappointments helps them learn they can handle them.



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TEACH THEM WHAT TO DO AFTER THEY LOSE



Give children a simple routine:

FEEL IT – “It’s okay to feel disappointed.”

CALM IT – Take a breath. Step away for a moment if needed.

SAY IT – “Good game.”

LEARN FROM IT – “What could I try differently next time?”

TRY AGAIN – One loss doesn’t decide what you’re capable of.

**The goal isn't “Don't be upset.”
It's “I can be upset and still handle it.”**



If we only ask: “Did you win?”

Children can start believing winning is what matters most.

Try asking: “Did you have fun?”

“What did you get better at?”

“What was challenging?”

“What would you try differently next time?”

“Did you notice something another player did really well?”

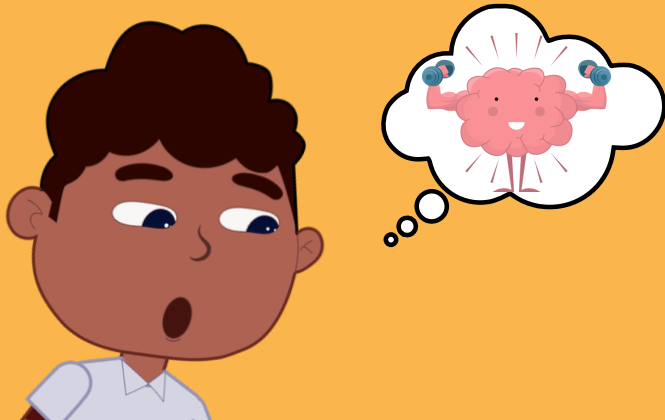


Shift the focus from:
WINNING → LEARNING



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TEACH THEM TO CELEBRATE SOMEONE ELSE

Being happy for someone else when you wanted to win isn't easy.

Practise simple phrases:

- "Well played!"
- "Congratulations!"
- "You were really good at that!"



And remind them:

Someone else's win doesn't take anything away from you.

Today is their turn to win.

Another day might be yours.



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CHANNELS WE RECOMMEND



♥ FINAL REMINDER

We don't need to raise children who are happy every time they lose.

We want to raise children who can say:

"I'm disappointed. But I'll be okay."

Because learning to lose teaches children how to:

- Handle disappointment
- Bounce back
- Celebrate others
- Learn from mistakes
- Try again

And those skills matter long after the game is over.

Sometimes, learning how to lose is how children learn how to grow.

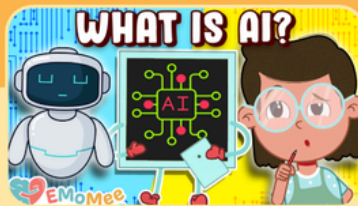
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About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee - guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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