

GOOD SPORTSMANSHIP = OLYMPICS =

FUN GAMES FOR FAIR PLAY

HOW TO USE:

Hey there, future sportsmanship stars! Today, we're going to dive into the world of good sportsmanship, where playing fair, cheering each other on, and having fun is what it's all about. Get ready to learn how to be the best teammate and friend you can be, both on and off the game field!

HOW TO MAKE:

*This game is designed for 2-6 players. For larger groups, print enough medals so each player will receive at least one medal for each game.

Print page 3 six times if you plan on playing all six games on page 5 or 6. Use cardstock for sturdier medals.



Cut along the dashed lines to create the medals.



Punch holes in the top circles.



Loop a string through the holes to create the medals.

BEFORE YOU PLAY: TEACHING HEALTHY SPORTSMANSHIP

For Parents & Educators

Winning or losing can stir up strong emotions, especially for children still learning about sportsmanship. Their reactions—meltdowns, bragging, blaming—can make playing games a challenge.

Here are ways to help them shift their mindsets:

Start with Cooperative Games

Begin with the [Games That Encourage Teamwork & Cooperation](#) on page 5.

For younger children or children who really struggle with winning or losing, it's best to start with cooperative games where everyone wins or loses together. Model good sportsmanship by acknowledging effort, shaking hands, and focusing on fun. The included medals are optional for these non-competitive games.

Move to Competitive Games

Use [Fun Games for Fair Play](#) on page 6.

Older children who don't struggle dramatically with winning or losing are ready for fun, competitive games. Agree on the rules upfront. Discuss coping strategies for winning and losing.

Talk About Good Sportsmanship

What does good sportsmanship look, sound, and feel like? Talk about the qualities of good sportsmanship and discuss examples of how each medal can be earned.

For example:

- **Fair Play Superstar:** Play by the rules. If you lose, don't blame or make excuses.
- **Cool & Confident:** Be humble if you win and don't brag about it.
- **Awesome Blossom:** Learn from your mistakes. Keep growing by trying.
- **Game Brightener:** Always try your best. Don't take it too hard if you don't win.
- **Helping Hand Hero:** If someone else makes a mistake, be supportive and don't criticise.
- **I Scream For My Team:** Cheer your teammates on, even when they aren't winning.

After each game, award each player with an appropriate sportsmanship medal. Take turns being the person who gets to award the medals at the end.

Keep Expectations Realistic

Learning sportsmanship takes time. It requires complex social skills that each child is developing on their own unique timelines. It's not easy to try to win and be fair, honest, and respectful all at the same time!

If any games cause too much stress, take a break and try again later.



Award for a teammate who **helped others and showed support**



Award for a teammate who **didn't brag when winning**



Award for a teammate who **shined bright by trying their best**



Award for a teammate who **cheered their teammates on**



Award for a teammate who **learnt from their mistakes and kept trying**



Award for a teammate who **played by the rules & didn't blame or make excuses**



Award for a teammate who helped others and showed support



Award for a teammate who didn't brag when winning



Award for a teammate who shined bright by trying their best



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GAMES THAT ENCOURAGE TEAMWORK & COOPERATION

HUMAN KNOT

Get ready to twist and turn!

Everyone stands in a circle, puts their hands in the middle, and grabs two different hands. Now, without letting go, work together to untangle yourselves. It's like being a human pretzel!

BALLOON RELAY

Time for a balloon race!

Split into teams, line up, and pass a balloon down the line without using your hands.

Use your chins, elbows, or even your feet! Work together to pass the balloon to the end of the line!



MARSHMALLOW TOWER

Using only marshmallows and toothpicks, build the tallest tower you can. Work together to plan and construct your tower. **See how high you can go before it topples over!**



DRAW IT

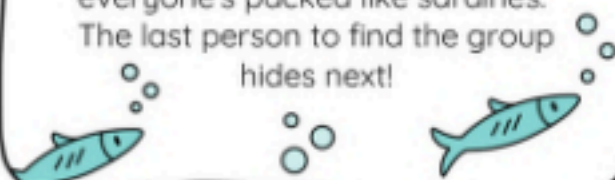
Grab a drawing pad and sit with your back to the group. The group describes an animal by using non-related words. (Example: if the animal is a panda, you can't say a bear, but you can say furry.) You will try to draw the animal they are describing! **Take turns.**



SARDINES

It's hide-and-seek, but backwards!

One person hides while everyone else looks. Find the hider and squeeze into the hiding spot until everyone's packed like sardines. The last person to find the group hides next!



WHISPER WALK

Find a safe area where there are not a lot of things in the way. Blindfold your teammate and then place 3 to 4 objects close by.

The group gives the blindfolded person verbal directions, guiding them to find and collect the objects. **Take turns!**



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GAMES THAT ENCOURAGE TEAMWORK & COOPERATION

SPOON RELAY



Get ready for a wobbly, giggly race!

Split into teams, grab a spoon and a small object like a marble or an egg.

Dash to the finish line and back without dropping it. Pass it to your teammate and cheer them on as they race. The first team to get everyone across the finish line wins the relay!

PAPER AEROPLANE RACE

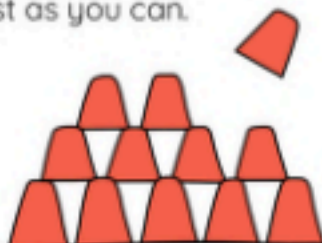


Fold, fly, and soar to victory! Each team folds their best paper airplane. Then, one by one, launch your planes and see who can fly the farthest. Cheer each other on and marvel at the amazing flights.

CUP STACKING

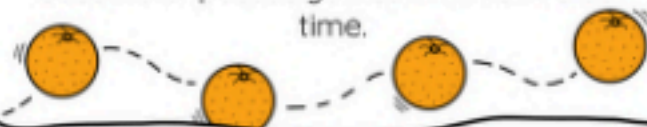
Speedy stackers, unite! Grab some plastic cups, divide into teams and get ready to race. Stack up your cups into a pyramid as fast as you can.

Which team can make the tallest pyramid in 5 minutes?



PASS THE ORANGE

Players pass an orange (or another fruit) down a line using only their chins and necks. Two teams line up shoulder to shoulder and try to pass the orange down the line without using their hands. If it drops, start over. See how many successful passes you can make in a set time.



SOCK WRESTLING



It's time for a sock showdown! Everyone starts with socks on, and the goal is to pull off other players' socks while keeping yours on. On a soft surface, wrestle, laugh, and tumble around, trying to outsmart your opponents. The last one with socks still on wins the title of Sock Champion!

THE FLOOR IS LAVA

When someone shouts, "The floor is lava!" everyone must get off the ground as quickly as possible.

The last person to get off the floor is out. Or you can just play for fun and see who can find the most creative safe spots.

