



# Win or Learn — Lesson Plan

Grade: Pre-K–4 | Duration: 40–50 minutes | CASEL Domain: Self-Management

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**Objective:** Students will practice reframing losses as learning opportunities and develop the "What can I learn?" reflex.

**Essential Question:** *"If you can't lose — only win or learn — what changes about how you compete?"*

**Materials:** The personalized story, Simple competitive games (cards, puzzles, relay), Reflection journals, Paper and crayons

**Vocabulary:** Win, Learn, Lose, Resilience, Reflection, Growth, Setback, Strategy, Opponent, Improve

## ANTICIPATORY SET (5 MIN)

Write on the board: "Win or \_\_\_\_." Ask: "What word goes there?" Accept answers. Then reveal: "LEARN." Discuss why this reframe matters.

## DIRECT INSTRUCTION (15 MIN)

Read aloud. Pause at the loss — let it sit. Pause at the "what can I learn?" question. Emphasize: the hero didn't pretend losing didn't hurt. They FELT it, then they got CURIOUS.

## GUIDED PRACTICE (10 MIN)

The Learning Game: play a quick competitive game. After each round, everyone writes one learning insight. Award "Best Learner."

## INDEPENDENT PRACTICE (10 MIN)

Write a "What Can I Learn?" reflection about a real setback. Create a growth timeline showing losses as stepping stones.

## CLOSURE (5 MIN)

Share one learning insight. Class pledge: "We either win or learn — those are the only options."

## ASSESSMENT

Observe sportsmanship during game. Review reflections and timelines. Exit ticket: "What can losing teach you that winning can't?"

## DIFFERENTIATION

**Support:** Provide reflection sentence frames. Use low-barrier games where luck plays a role.

**Extend:** Research an athlete who failed before succeeding. Present their "Win or Learn" story to the class.

## HOME CONNECTION

Send home a "Win or Learn" journal page. Families reflect on one setback this week and what it taught them.

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