

# MATES Junior Activity

## Resource Guide

Goal: **Prosocial Competency**

Activity Type: Individual,  
small group  
Relationship Stage: Mid-late

### Activity Name:

"Sportsmanship"

### Objective:

To use a role-play of good and bad sportsmanship to recognise emotions and build empathy

### Preparation Time:

None

### Activity Duration:

15-30 minutes, depending on size of the group

### Required Material:

- Role cards

### Instructions:

- Create six role cards, each with one role on it: good winner, bad winner, good loser, bad loser, respect to referee, encouraging/helping less skilled player
- If you are playing in a mentee/mentor pair:
  - Put the cards face down, and the first player selects a card and shows the other person the card. The player with the card then begins to interact with the other person using the role in the card. E.g., if the mentor pulls "bad loser" they may go to shake the mentee's hand and then pull it away when the mentee tries to shake it. Interact this way for up to one minute.
  - At the end of role-play, ask your mentee to describe how they felt or how they think the other person felt. Encourage them to consider how personal interactions impact their feelings and the feelings of others. Perhaps ask them *why* they think someone might behave badly. Is the bad loser acting this way because of low self-esteem? Did they have a stressful day?
- If you are playing in a small group, adapt the above to suit however many mentees are playing. For example:
  - If you have four mentees, you may want to allocate the four winner/loser roles and have them role play in pairs in front of each other (how do good winners and good losers interact? What about the bad winner and good loser?).
  - If you have six mentees, each mentee could take a card with a mentor directing a specific situation which includes referees and lower-skilled players.

### Further Notes:

- This activity can be adapted to suit the number of mentees (and mentors, if necessary) playing. Always take time after each role-play to reflect together on how people felt in each role, how good or bad interactions made them feel, and empathise with others.