

COMPETITIVE SPIRIT AT SCHOOL

Y **Characteristics of healthy competitive spirit**

- It stimulates personal motivation and the desire to improve.
- It is based on mutual respect.
- It encourages indirect collaboration (we push each other to do our best).
- Reward effort, not just results.
- It helps develop resilience and the ability to manage victories and defeats.
- It maintains a positive climate, without exclusions or humiliations.
- Treat competition as a game or challenge, not a fight.
- It recognizes and values diverse talents, not just the “top of the class”.
- It leads to collective growth (everyone improves, not just the winners).

⚠ **Characteristics of a toxic competitive spirit**

- It is driven by envy or the need to dominate others.
- It generates anxiety, stress and fear of making mistakes.
- It destroys mutual trust and leads to unfair behavior.
- Reward only the end results, ignoring the process and effort.
- It fuels destructive comparison (“I am only worthy if I am better than you”).
- It creates exclusion, bullying, or humiliation among peers.
- It turns companions into enemies, instead of positive motivators.
- It reduces creativity (you only think about winning, not about experimenting).
- It can lead to burnout or rejection of the activity itself.