Lesson 6 Self-Care Year 3 | Journaling Scaffold

Name .....

VOCABULARY:
positive
habit
action
repeat

1. Can you think of three positive habits?



2. Which positive habits do you do?
Are there any habits that you need to do more often?



3. Why are positive habits important?







HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?	In this lesson I learnt_____
How can you use today's learning in your life?	I can use today's lesson when _____
List two interesting ideas from today's lesson.	I found _____ interesting because _____
Draw something about today's lesson.	