Lesson 4 Gratitude Year 4 | Journaling Scaffold

Name .....

1. What does gratitude mean? Use the images to help you.





VOCABULARY:

gratitude
family
positive
relationships
boost
well-being

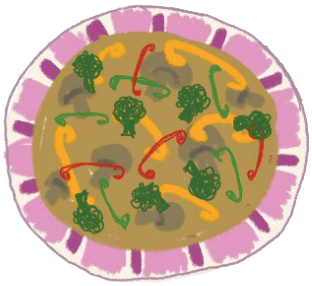
2. How does gratitude boost our well-being?

stress ↓ ↑ mood



3. How can we show thanks to the important people in our lives?







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.	