

# Lesson 6 Change Year 3 | Journaling Scaffold

Name .....

## VOCABULARY:

change  
triggered  
spectrum  
lottery  
emotion  
position  
life reminder  
curse

1. List three changes that can happen in life.



2. "If change is bad then I just won't make any changes!" What would you say to this person?



## 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.

