

Lesson 6 Change Year 4 | Journaling Scaffold

Name

VOCABULARY:

change
screen time
nervous system
triggers
emotion
stress
signals

1. What is change?
List three examples.



2. Why can change be difficult? What can we do to help us?



3. Does change always lead to good things? Explain your answer.



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.

