

Lesson 6 Change Year 6 | Journaling Scaffold

Name

VOCABULARY:

resilient
challenge
constant
attitude
change
trigger

1. List some changes that have happened in your life.

2. Why is a resilient attitude important when facing change?

Change ahead



3. How do we build a resilient attitude when facing change?



Look through your journal and decide which of the PSHE pages will be most helpful in September.

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.