

# Lesson 6 Change Year 6 | Journaling Scaffold

Name .....

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

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



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

## VOCABULARY:

resilient  
challenge  
constant  
attitude  
change  
trigger



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.

