

# Lesson 1 Resilience Year 3 | Journaling Scaffold

Name .....

## VOCABULARY:

mistakes  
unkindness  
resilience  
resilient  
lacks  
reaction

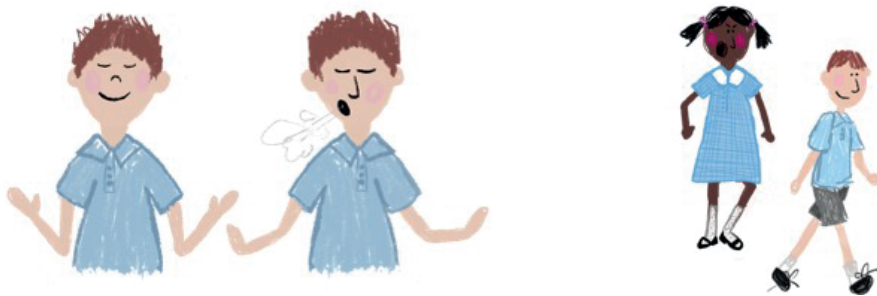
1. List three life challenges?



2. Describe a reaction that lacks resilience.



3. Describe a resilient reaction.



## 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.

