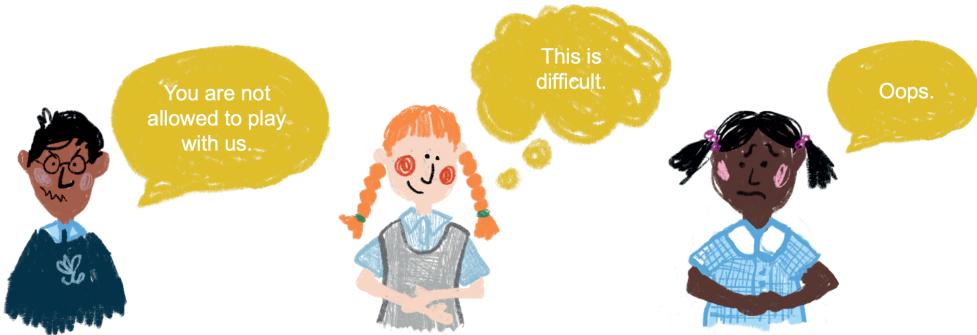


Lesson 1 Resilience Year 3 | Journaling Scaffold

Name

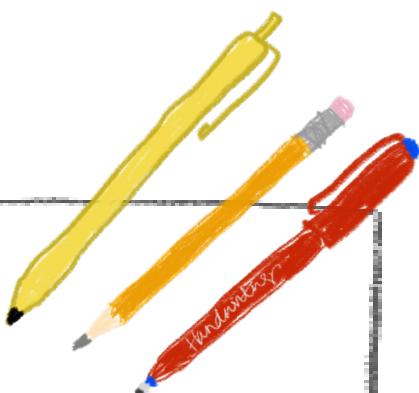
1. List three life challenges?



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.