

Lesson 2 Emotions Year 4 | Journaling Scaffold

1. What are emotions? Use the Being Human Dictionary to list some examples.



2. List some examples when emotions can be helpful and unhelpful.



3. How can emotions help us in life?



HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?

In this lesson I learnt _____

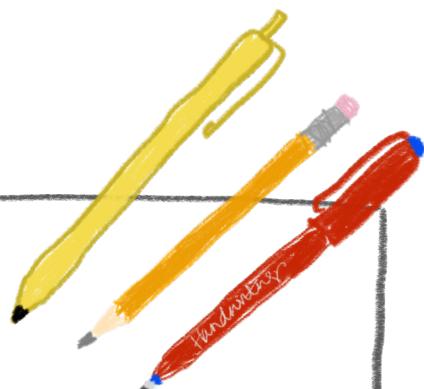
How can you use today's learning in your life?

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.



VOCABULARY:
emotions
sad
happy
excited
angry
worried
favourite