

## 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?



### VOCABULARY:

emotions

sad

happy

excited

angry

worried

favourite

### 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.

