

Lesson 3 Tornado Zone Year 4 | Journaling Scaffold

VOCABULARY:

Tornado Zone
Pressure Zone
Chill Zone
press pause
deep breath
finally
trigger

1. What is the Tornado Zone?



2. What is a trigger? Give some examples.



3. Why is it important to know your own triggers?



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.