

# Lesson 3 Tornado Zone Year 4 | Journaling Scaffold

## I. What is the Tornado Zone?



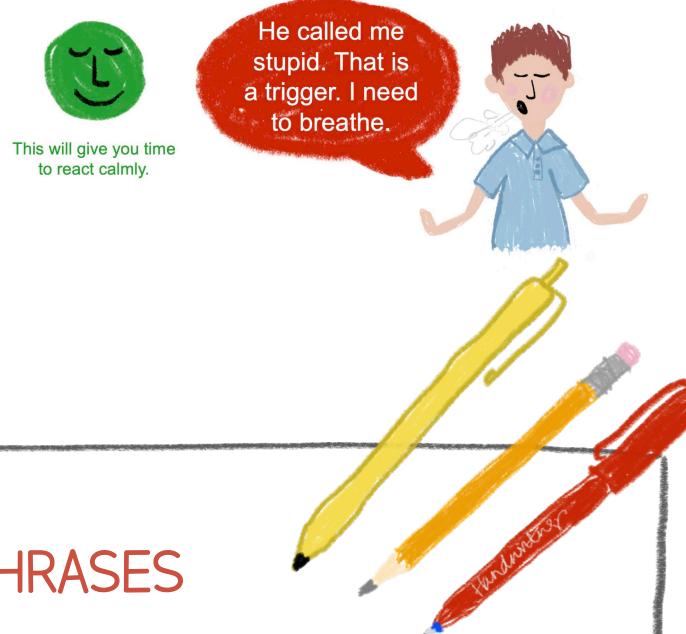
### VOCABULARY:

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

## 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.