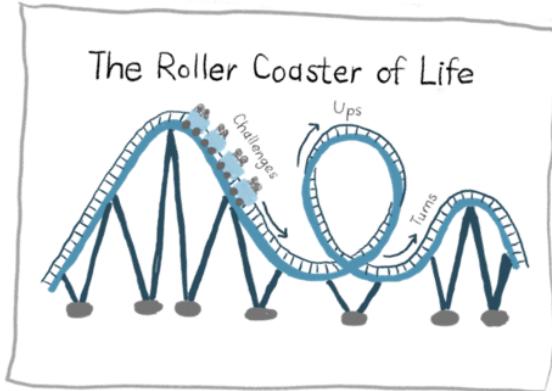


Lesson 1 Resilience Year 5 | Journaling Scaffold

Name

1. What is resilience? How can resilience help us with our lives?

2. Why is it important to accept that we will face challenges every day?



3. List two examples of resilient responses.



HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?

In this lesson I learnt _____

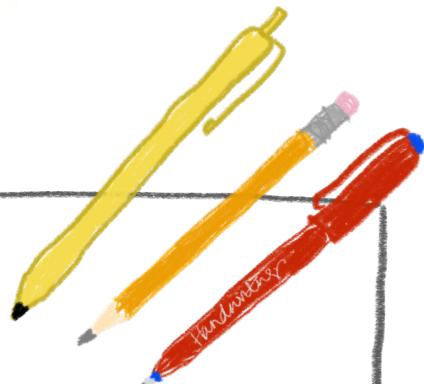
How can you use today's learning in your life?

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:
mistakes
unkindness
resilience
resilient
lacks
reaction
improve
statement