

# Lesson 2 Emotions Year 5 | Journaling Scaffold

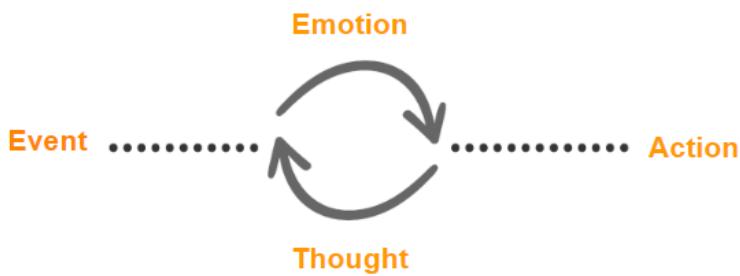
1. What are emotions? Use your Being Human Dictionary to list six emotions that interest you.



2. What is the difference between an emotion and a thought?



3. What is the connection between emotions and our behaviour?



## 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.

