

# Lesson 3 Tornado Zone Year 5 | Journaling Scaffold

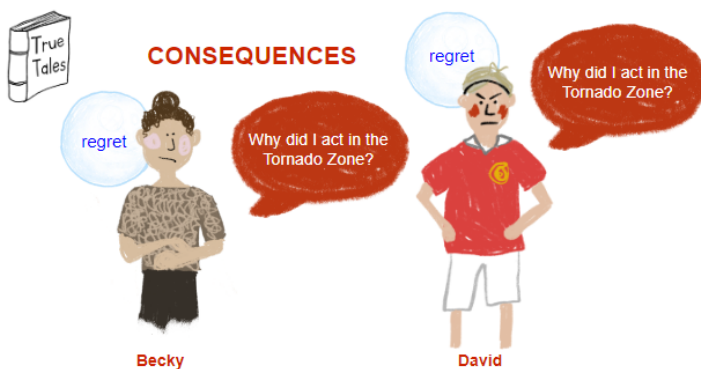
1. Explain the following image.



## VOCABULARY:

Tornado Zone  
Pressure Zone  
Chill Zone  
angry  
deep breath  
press pause  
trigger  
manage

2. What are the lessons that we can learn from Becky and David's stories?



3. What are the steps that help you manage the Tornado Zone?



## 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.