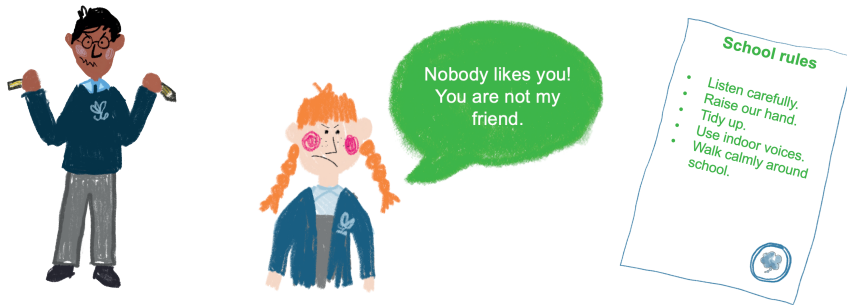


# Lesson 6 Making Mistakes Year 5 | Journaling Scaffold

1. List four emotions that could be triggered when you make a mistake. .



## VOCABULARY:

mistake  
apologise  
shame  
regret  
taking responsibility  
hide from the mistake  
escape thoughts

2. What are the Escape Thoughts? Why can they lead to poor decisions?



3. Why is it important to be honest and take responsibility for your mistakes?



## 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.