

# Lesson 2 Emotions Year 6 | Journaling Scaffold

## 1. What is the role of emotions?



### VOCABULARY:

emotions

express

anxious

shame

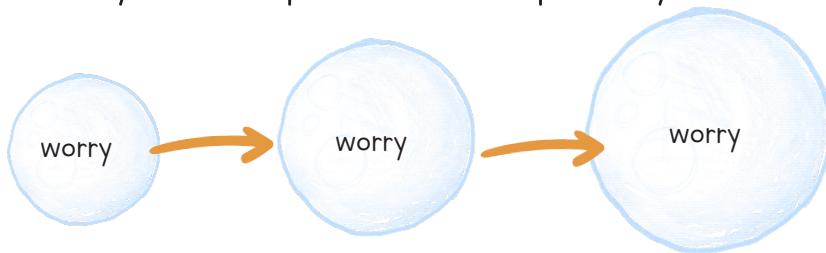
excited

thoughts

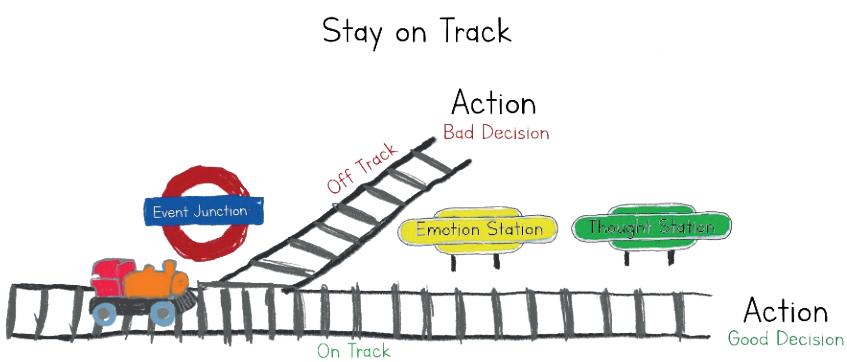
triggered

motivate

## 2. Why is it important to express your emotions?



## 3. How can you use emotions to help you?



## 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.

