

# Lesson 2 Emotions Year 6 | Journaling Scaffold

1. What is the role of emotions?

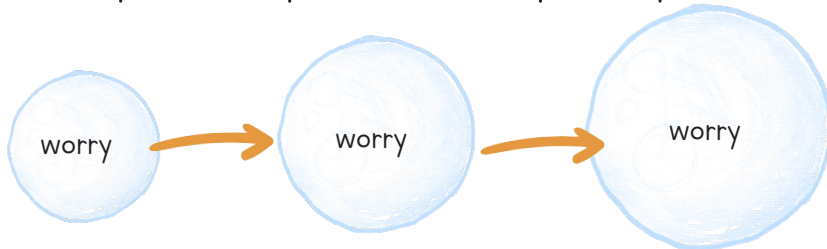


Thank you  
for being such a  
great friend



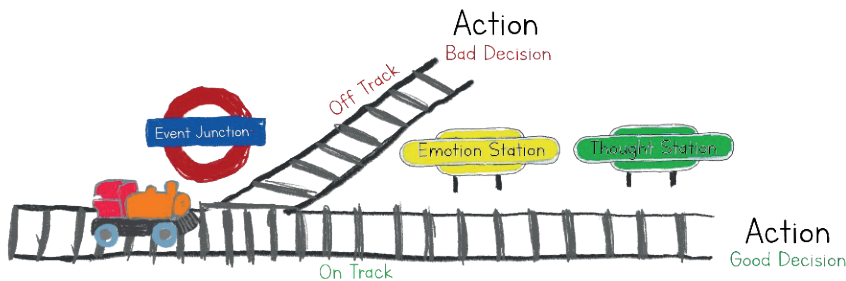
I don't want  
to get hurt

2. Why is it important to express your emotions?



3. How can you use emotions to help you?

Stay on Track



## VOCABULARY:

emotions

express

anxious

shame

excited

thoughts

triggered

motivate

## 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.