

# Lesson 3 Tornado Zone Year 6 | Journaling Scaffold

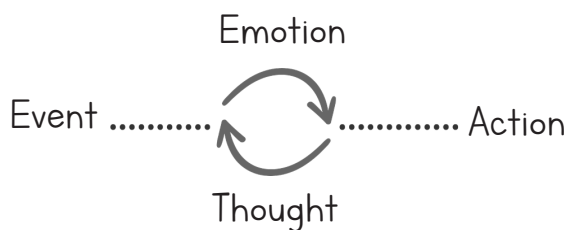
1. Explain the Tornado Zone.



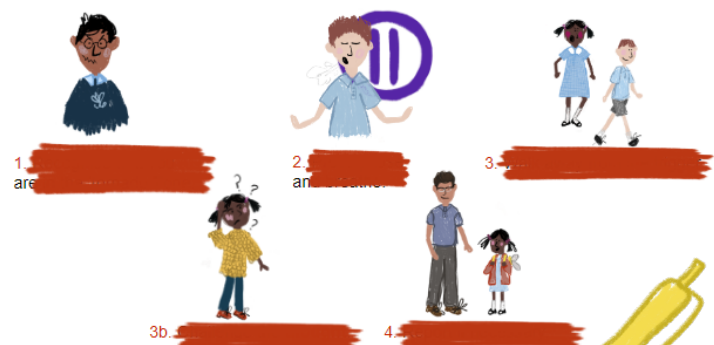
## VOCABULARY:

Tornado Zone  
Pressure Zone  
Chill Zone  
angry  
deep breath  
finally  
trigger  
manage

2. What is the connection between thoughts, emotions and actions?



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.