

# Lesson 3 Tornado Zone Year 6 | Journaling Scaffold

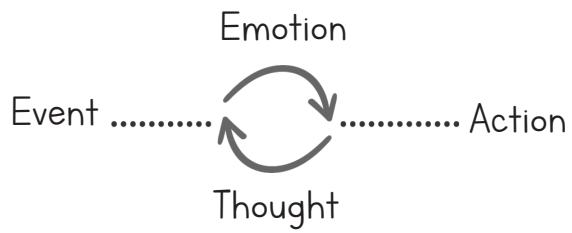
## I. Explain the Tornado Zone.



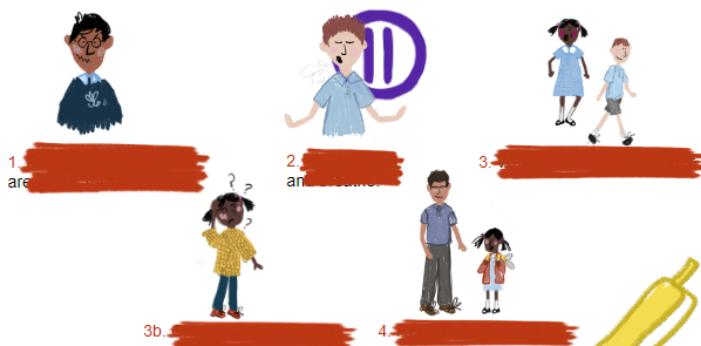
### VOCABULARY:

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.

