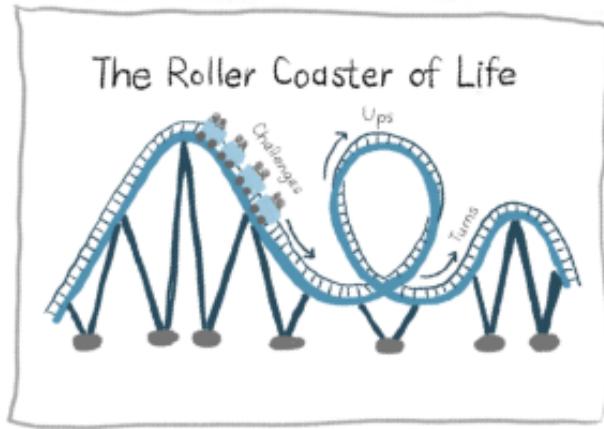


Lesson 1 Resilience Year 6 | Journaling Scaffold

Name

1. What is resilience? Write or draw an example of someone showing resilience.

2. Why is it important to accept that we will face challenges every day?



3. Why is building your own resilience important?



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.

