

Lesson 1 Resilience Year 6 | Journaling Scaffold

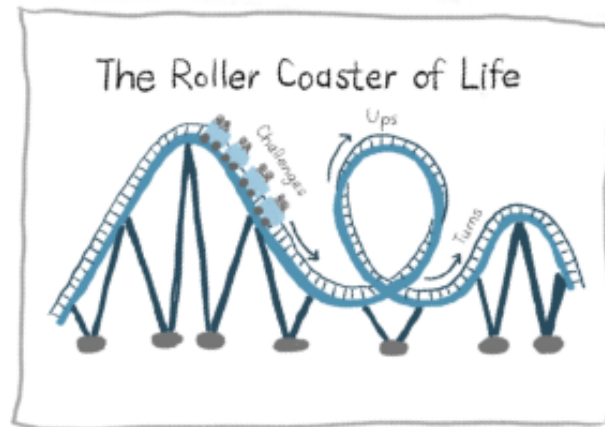
Name

VOCABULARY:

mistakes
unkindness
resilience
resilient
lacks
reaction
improve
statement

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?



This is hard but I will keep going.



I will wait before I act.



That was my fault. I will learn from my mistake.

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.

