

# Lesson 1 Expressing Yourself Year 2 | Journaling Scaffold

1. What can you do if you feel sad?



## VOCABULARY:

sad

nervous

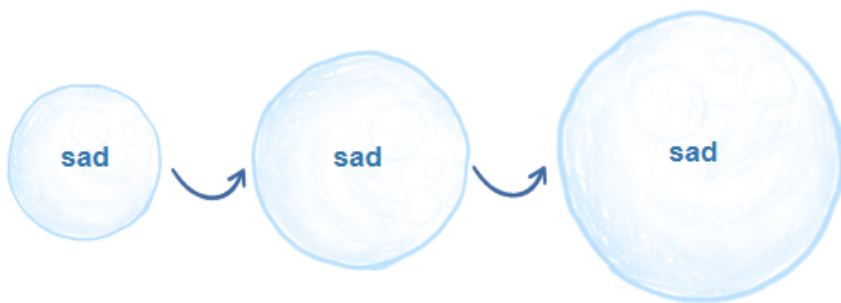
express

challenges

emotions

favourite

2. Why is it important to express yourself?



## HELPFUL SENTENCE STEMS

- 1) When you feel sad you can \_\_\_\_\_.
- 2) Expressing yourself is important because \_\_\_\_\_.
- 3) This lesson is important because \_\_\_\_\_.

