

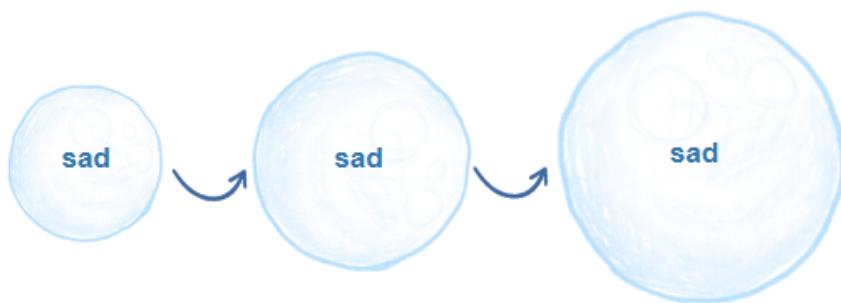
# Lesson 1 Expressing Yourself Year 2 | Journaling Scaffold

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 \_\_\_\_\_.

