

Lesson 1 Expressing Yourself Year 3 | Journaling Scaffold

1. What is the best thing to do when you feel uncomfortable emotions?



2. Why is it important to express yourself when you are feeling sad?



3. Which is your favourite way to express yourself?



Talking



Creating



Writing



Moving your body

VOCABULARY:

process
uncomfortable
express
challenges
emotions
favourite

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.

