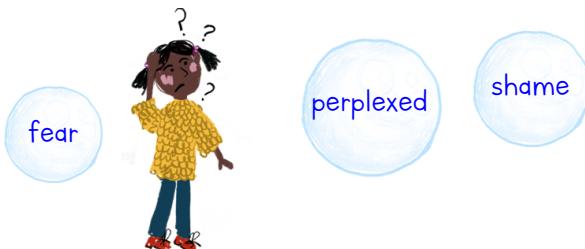


Lesson 1 Expressing Yourself Year 3 | Journaling Scaffold

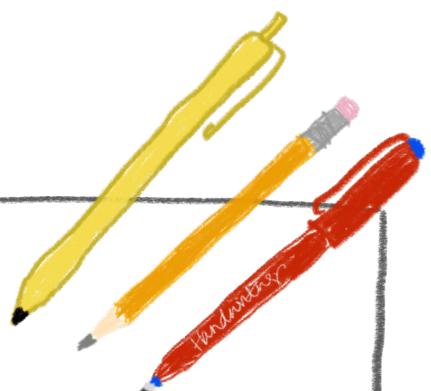
1. What is the best thing to do when you feel uncomfortable emotions?



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



3. Which is your favourite way to express yourself?



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.