

Lesson 1 Expressing Yourself Year 4 | Journaling Scaffold

Name

1. What did you learn from Ben's story?



2. Why do people bottle up their emotions?

Ben didn't want to appear weak.



Ben felt it was easier to hide his feelings and get on with it.

Ben did not think his problems were important.

Ben didn't know how to start the conversation.

VOCABULARY:

sad
nervous
express
challenges
emotions
favourite
bottle up

3. Why is it important to express yourself?



Talking



Creating



Writing



Moving your body

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.

