

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.

3. Why is it important to express yourself?



Talking



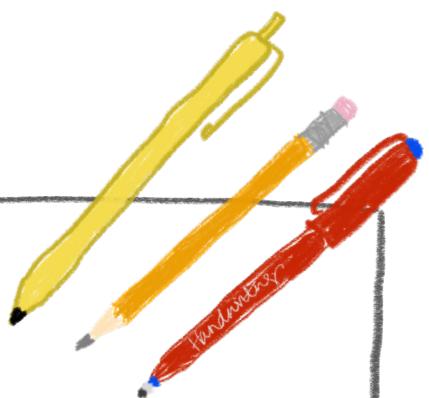
Creating



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.