

Lesson 4 Gratitude Year 4 | Journaling Scaffold

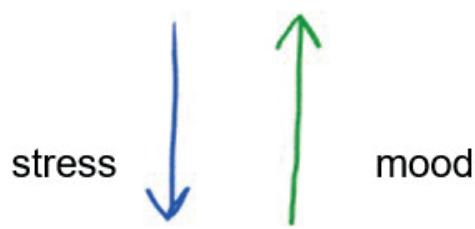
Name

1. What are you grateful for in your life?

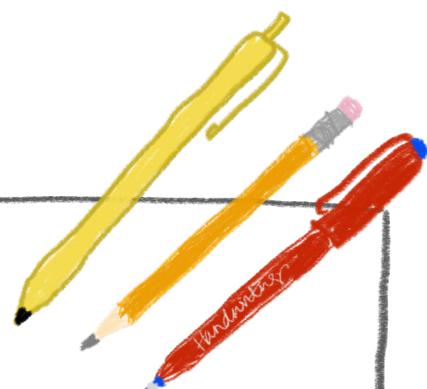
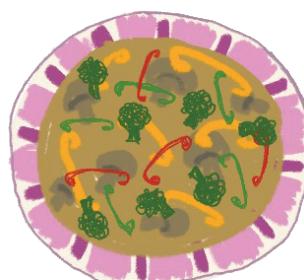
I love spending time with my friends.



2. How does gratitude boost our wellbeing?



3. What is an example of a grateful thought?



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.