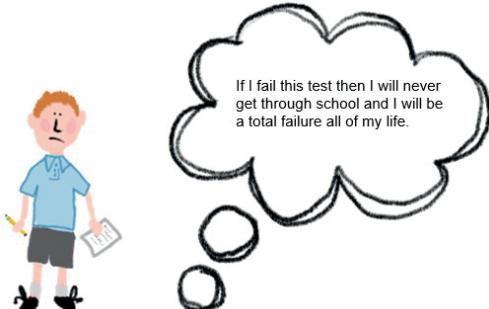


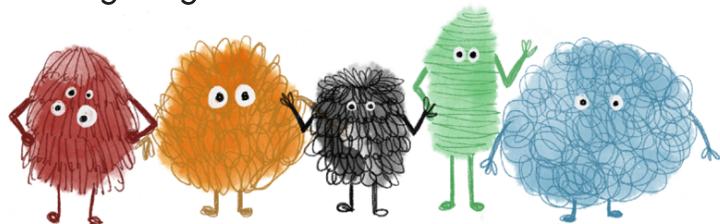
# Lesson 2 Thought Gremlins Year 6 | Journaling Scaffold

Name .....

1. What type of thought gremlin did Alex find tricky? Give an example.



2. Why are thought gremlins harmful?



3. What do you do when you spot a thought gremlin? What are the steps to calm them?



## 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.

