

Lesson 3 Values Year 6 | Journaling Scaffold

Name

I. List your three most important core values. Explain your selections.

Values

supportive	curious
creative	respectful
adventurous	trustworthy
positive	ambitious
honesty	self-controlled
respected	hard-working
calm	determined
patient	independent
fair	resilient
powerful	reliable

2. How can wanting to be perfect make like hard?



a. winning the race



b. being liked



c. being star of the week

3. How can a focus on core values boost our wellbeing?



Value thought

HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?

In this lesson I learnt.....

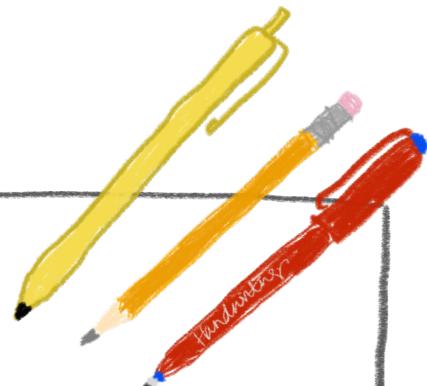
How can you use today's learning in your life?

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.



VOCABULARY:
value
honest
perfectionist
courage
resilient
explain
patient
reliable
independent