

Lesson 4 Gratitude Year 6 | Journaling Scaffold

Name

1. What are you grateful for in your life? How can you show your gratitude?

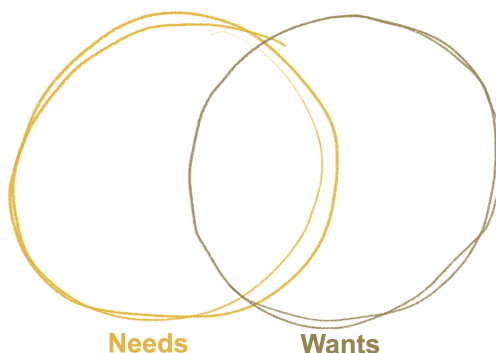


2. Why is being grateful good for us?

- ↑ Mood
- ↑ Resilience
- ↑ Sleep
- ↑ Confidence
- ↑ Relationships



3. What are your needs?
What are your wants?
How does knowing your needs help you to be grateful?



Medals
Exercise
Friends
Phone
Water
Money
Shelter
Love
Respect
Trying hard
Sleep
Animals
School
Success
Likes
Beauty

VOCABULARY:

gratitude
positive
relationships
boost
well-being
viewpoint
appreciate
needs
wants
mood
confidence

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.

