

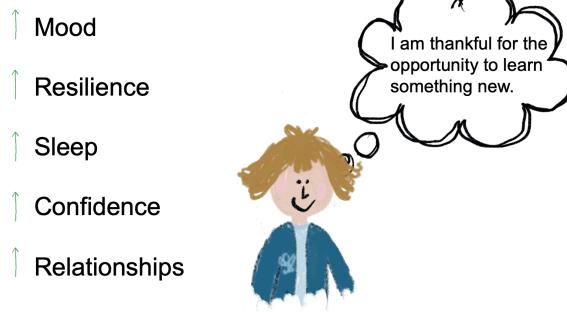
# Lesson 4 Gratitude Year 6 | Journaling Scaffold

Name .....

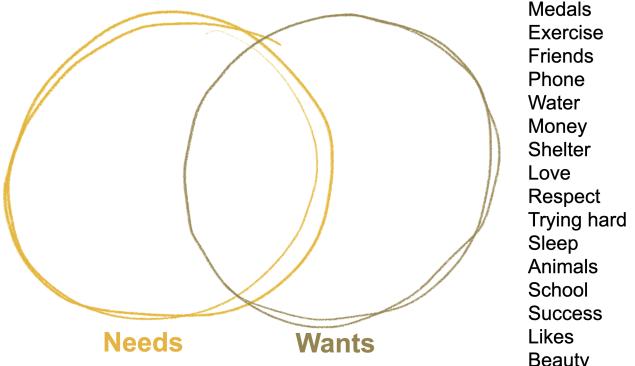
1. What are you grateful for in your life? How can you show your gratitude?



2. Why is being grateful good for us?



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



## HELPFUL QUESTIONS AND PHRASES

What did you learn in this lesson?

In this lesson I learnt \_\_\_\_\_

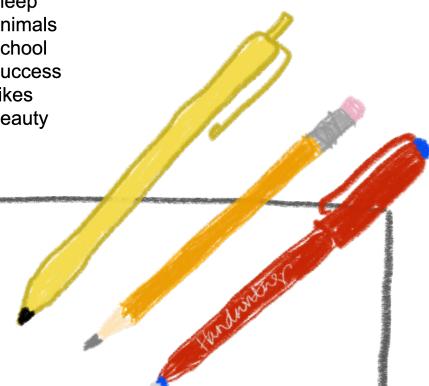
How can you use today's learning in your life?

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:

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