

Lesson 5 Challenges Year 6 | Journaling Scaffold

1. What happens when we are faced with a challenge?



2. What are the steps to deal with a challenge?



3. What is an example of a helpful thought for challenges? Why can challenges be good for us?

VOCABULARY:

roller coaster

challenges

embracing
the challenge

victim mentality

spot the emotion

challenge the
thought

weak

ask for help

thought explosion

helpful thoughts

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.

