

Lesson 5 Challenges Year 6 | Journaling Scaffold

I. 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.

