

# Lesson 2 Thought Gremlins Year 3 | Journaling Scaffold

Name .....

1. What is a thought gremlin? List some examples.



## VOCABULARY:

emotions

thought gremlin

sadness

anxious

justify

harmful

negative

2. Why can thought gremlins be harmful?



3. What are the steps to deal with thought gremlins?



## 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.

