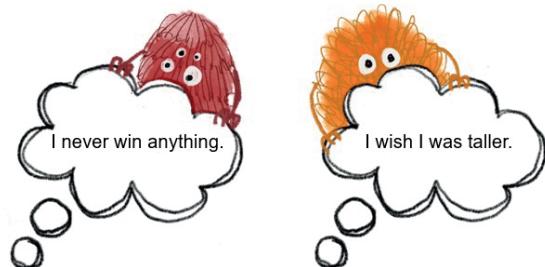


Lesson 2 Thought Gremlins Year 3 | Journaling Scaffold

Name

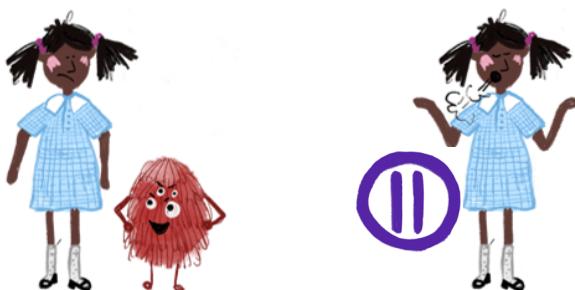
1. What is a thought gremlin? List some examples.



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.