

Lesson 5 Challenges Year 4 | Journaling Scaffold

1. What is a challenge? List some of the challenges that we all face in life.



VOCABULARY:

roller coaster
highs
victim
mentality
challenges
embracing
the challenge

2. What are the different ways to tackle challenges?



3. Why can victim mentality be a harmful habit?

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.

