

# Lesson 1 Expressing Yourself Year 5 | Journaling Scaffold

I. What does facing challenges look like?



2. Why is it important to express ourselves when something is bothering us?



3. Some people hide from challenges. Why does this happen?



## 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.

