

# Lesson 5 Winning and Losing Year 4 | Journaling Scaffold

Name .....

1. Explain what we did in today's lesson? Why do you think we did it?



3. How do you lose with resilience?

2 List the emotions you felt during the championship? Did you manage them well?

**VOCABULARY:**  
tournament  
empathetic  
resilient  
shame  
emotional awareness



angry                      nervous                      embarrassed                      unsure  
sad                           excited                              amused                              healthy  
irritated                      proud                              determined                              energised  
jealous                              shame                              shy                                      furious

## 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.

