

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?



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

3. How do you lose with resilience?

VOCABULARY:

tournament
empathetic
resilient
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.

