

Lesson 5 Winning and Losing Year 6 | Journaling Scaffold

Name

1. How can we use empathy and resilience in competition?

	Player A	Player B	Player C	Player D
Match 1	3	2		
Match 2				
Match 3				
Total				

2. What emotions did you feel during the championship? Did you manage them?

3. Why did this lesson get taught?

VOCABULARY:

tournament
empathetic
respectful
resilient
shame
emotional
awareness
opponent

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.