

**KS2 Home Learning**

**Emotions Activity 1**

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|  **Things you will need** * A tablet or phone.
* Breathe, Think, Do with Sesame App.
* An adult to sit with.
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| **Activity** **With your adult see if you can help the monster through some tricky situations and difficult emotions!**[**https://apps.apple.com/gb/app/breathe-think-do-with-sesame/id721853597**](https://apps.apple.com/gb/app/breathe-think-do-with-sesame/id721853597)<https://play.google.com/store/apps/details?id=air.com.sesameworkshop.ResilienceThinkBreathDo&hl=en_GB> |