

**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. |  |
| **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> | |