

**KS2 Home Learning**

**Emotions Activity 2**

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| **Things you will need**   * A computer and printer or colouring pencils and paper * Scissors * A keyring or piece of string. * An adult to join in. | **\\DC1\Staff\joseph.higgins\My Documents\My Pictures\download.jpg** |
| **Activity**   * **With your adult talk about the different difficult emotions you might feel and some easy activities you could do to help to get back in the green zone.** * **Use the template below or make your own double sided cards.** * **Cut them out carefully and tie them together or put them on a key ring.** * **See if you can help your adult make their own key ring too!** | |

**Don’t forget to change the words so it is personal to you!**



