

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



