

# Activities at Home

Doing things we enjoy helps us take care of ourselves and manage big feelings. See what your friends Elmo, Abby, Raya and Grover at Takalani Sesame like to do!



Elmo likes to talk to his friends on the phone



Abby likes to draw and colour



Raya likes to dance



Grover likes to play blocks with his grandmother

## WHAT DO YOU LIKE TO DO?



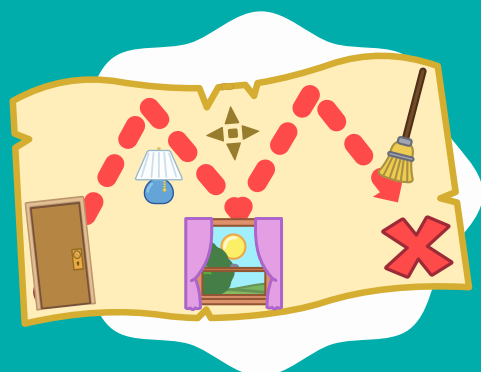
Pretend to be animals



Read a book



Build a blanket fort



Go on a treasure hunt



Stretch your body



Play a board game