

*Captain Crossbones did starfish jumps to help calm him down. Playing with a worry knot helped him too.*

*Captain Crossbones told jokes to make them laugh*

*Captain Crossbones played a lively tune on the accordion and the crew joined him to cheer up Pete the Parrot.*



Get physical

Laugh out loud

Happy music

*The pirates talked to each other and helped each other with their problems.*



Talk to a friend



Happy place

*Captain Crossbones' happy place was in his bath.*

*Ozzy Octopus kept saying 'I can do it' to help him feel brave and confident.*



Believe in yourself



Calming sounds

*Jolly Roger said the sound of whale music helps him to feel calm.*



Go outside



Smell something nice

*Captain Crossbone likes the smell of citrus in his bath. Sally Seal said she likes lavender.*

*The pirates enjoyed being in the fresh air and talked about how being outside is fun and relaxing.*

## Emotion on the Ocean

How did the pirates cope with their big feelings?

What physical activity could you do?

What makes you laugh?

What is your favourite happy song?

Who do you like and trust?

Where is your happy place?

me

What smells do you like?

What can you repeat to yourself?

What calm sounds do you like?

Where is your favourite place outside?



How I can cope with my big feelings...