

Mental Health Matters Wales

Activity Pack

Marine Life

Mental Health Matters Wales Aim

Our Therapeutic Support Service aims to make every effort in creating a friendly hospital environment. Our therapeutic activities focus on maintaining a sense of identity and purpose. We provide a safe, friendly and adaptable network of support using evidence based approaches including:

- Validation
- Creative
- Activity
- Reality Orientation
- Socialisation
- Physical Exercise

Mental Health Matters Wales Mission

To enrich nursing support provided by the NHS to ensure patients are treated with understanding and dignity in hospital and encouraged to participate in socialising activities in order to maintain their optimum well-being.

The provision of routine and therapeutic activities to patients who are 'ready for transfer' and are awaiting placement to a care home or complex package of care in their own home.

To increase the overall environmental, emotional and physical wellbeing of patients whilst reducing their fears and confusion in a hospital setting.



MHM Wales



**Better
Together**



**Wellbeing
Hubs**



**Therapeutic
Support**

This activity book has
been kindly printed by



Cardiff and Vale University
Health Board Voluntary Services

Aim of Pack:

To create activities that celebrate...

Marine Life

“The world’s finest wilderness lives beneath the waves”

- Wyland, Marine Life Artist

Life began in our oceans. It is said that without water, our planet would be one of the billions of lifeless rocks floating endlessly in the vastness of space.

The Benefits of these Activities include but are not limited to

Better Communication

Participants living with a cognitive impairment and other illnesses may express feelings by drawing pictures.

Improved Coordination

Activities can delay the loss of muscle control.

Relaxation

It is a wonderful distraction from the blues, chronic pain, and other stressful situations.

Pride

There can be immense satisfaction and pleasure taken from drawing projects.



Better
Together



Wellbeing
Hubs

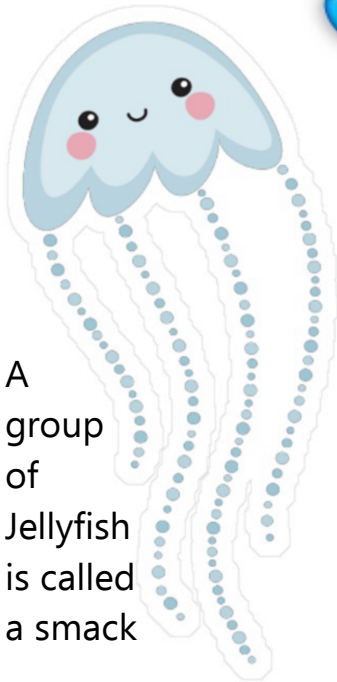


Therapeutic
Support

FIVE

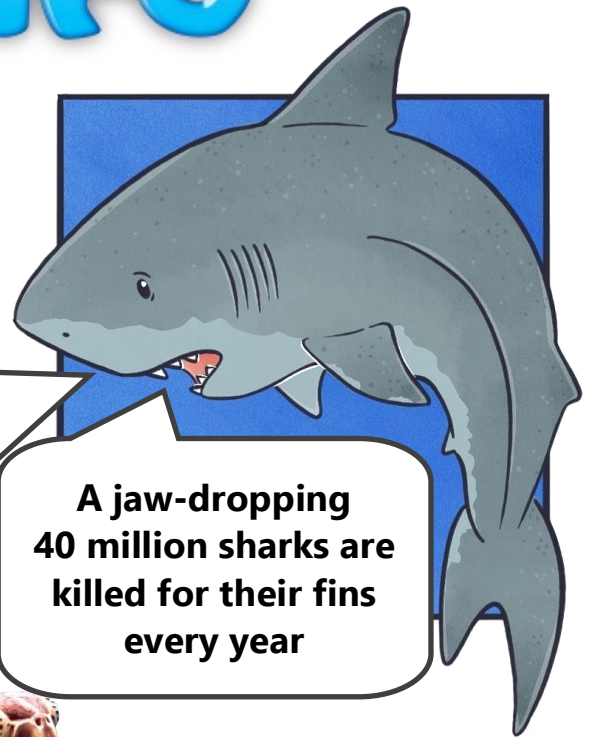
Facts about

SEA LIFE



A group of Jellyfish is called a smack

Sharks kill 8 - 12 people each year worldwide. There are more people killed by bees, elephants and crocodiles!



A jaw-dropping 40 million sharks are killed for their fins every year



Leatherback Turtles are known for their long migration patterns. In January 2008, a leatherback made the record for one of the longest migrations for any vertebrate, travelling 12,774 miles over 647 days.

The Pacific Ocean is the largest ocean in the world and is home to more than 25,000 islands

Ocean Word Search

L W E G I L L S R J S R U L I H I I W S
T Q F A S M F Y L X S O J E D Q V A K J
B Q B R L V H V U J T T C K C W J X O K
C R U S T A C E A N I Z E C O C H S W C
H O M H O R L G D S N Q T O R T O I S E
O S I R A E J V N T G Y O G A O V L V Y
J I R O C E A N I C R Z A N L Q H T G X
Z E W G Y X R T X O A S A R D I N E S N
Y A B X L M H W U F Y H E B B U K Q C E
F V Y O S S I F I C A T I O N W T O A J
S T H E R M A L N D V O U D M B R R V E
A S L M O L L U S C F F E B W S O G E L
L C W O J B K O E E N B Y N F S P A N L
T J E I Z U R C H I N S K L N F I N G Y
W J T M A Y B T L D N E U F H G C I E F
A T L U R U V O X Z U A Z X R B A S R I
T O A E D W R P O T Z W N N W R L M S S
E R N R K M N U N G Y E O V A H N N K H
R B D L E S T S I R J E L X S O E Y S T
E Y S F O S S I L V Q D P Y Z U N T Y Q

Mollusc

Octopus

Organism

Tropical

Ossification

Crustacean

Tortoise

Saltwater

Scavengers

Oceanic

Jellyfish

Stingray

Wetlands

Fossil

Thermal

Urchins

Sardine

Coral

Gills

Seaweed

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Just Giving <https://www.justgiving.com/mentalhealthmatterswales>

Registered Charity Number: 1123842 Company Number: 6468412

Ocean Music

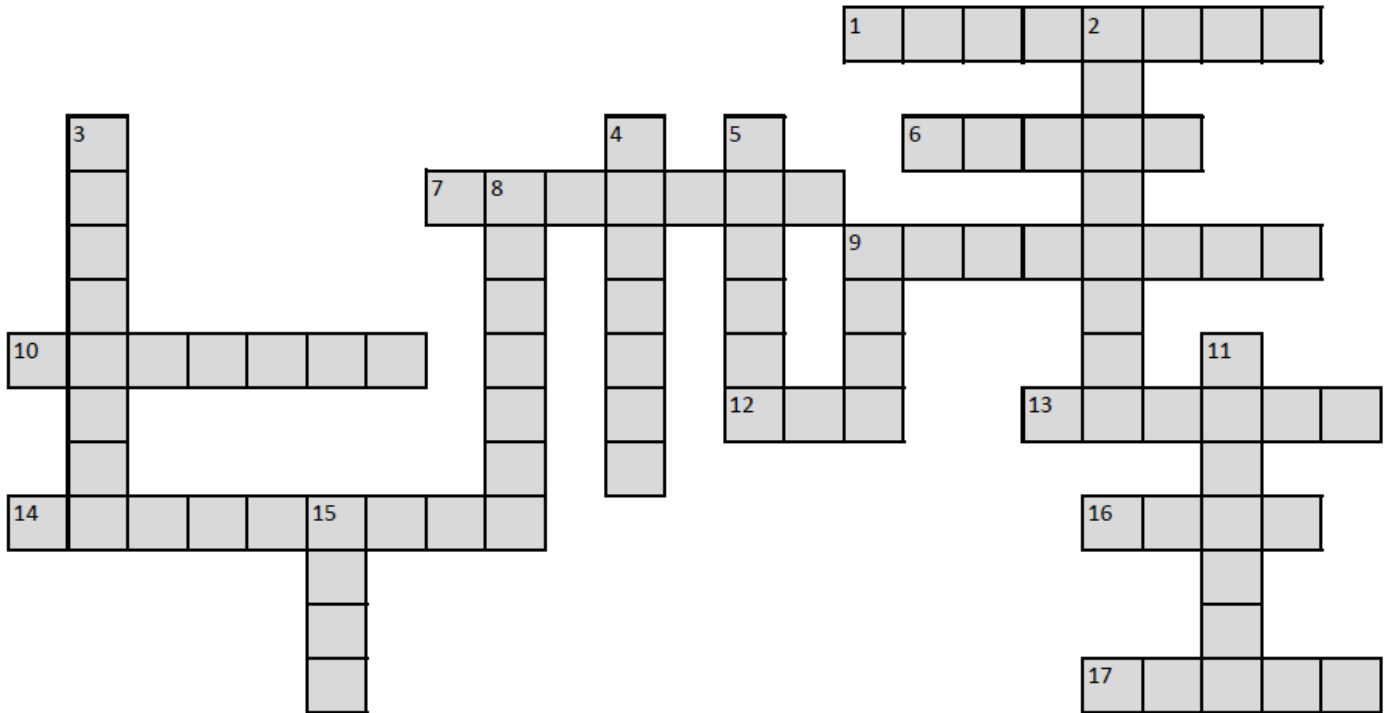
Match the Track to the Artist

- | | |
|--|-------------------|
| 1. Somewhere Beyond the Sea | A. Queen |
| 2. Surfin' USA | B. Bryan Hyland |
| 3. How Deep is the Ocean? | C. The Surfaris |
| 4. Seaside | D. Otis Reading |
| 5. Yellow Submarine | E. Vera Lynn |
| 6. Seven Seas of Rye | F. Rod Steward |
| 7. We are Sailing | G. Mark Sheridan |
| 8. Orinoco Flow | H. The Drifters |
| 9. On the Good Ship Lollipop | I. The Kooks |
| 10. White Cliffs of Dover | J. Bobby Darin |
| 11. Under the Boardwalk | K. The Beach Boys |
| 12. Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini | L. Enya |
| 13. The Dock of the Bay | M. Irwin Berling |
| 14. Wipeout | N. The Beatles |
| 15. Oh We Do Like To Be Beside The Seaside | O. Shirley Temple |

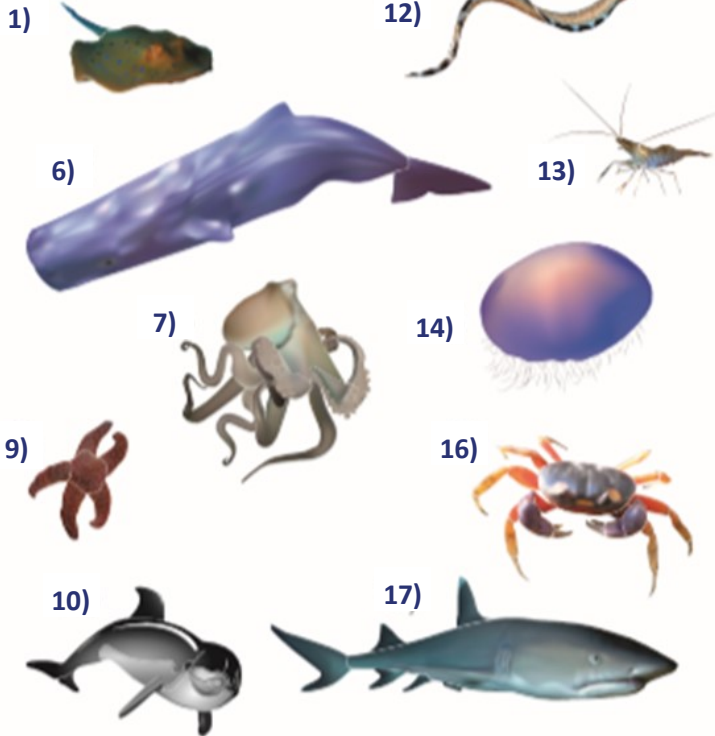


Ocean Animals Crossword

Use the pictures of ocean animals as clues to fill in this crossword puzzle



Across



Down



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By the Sea

Emily Dickinson

I started early, took my dog,
And visited the sea;
The mermaids in the basement
Came out to look at me.

And frigates in the upper floor
Extended hempen hands,
Presuming me to be a mouse
Aground, upon the sands.

But no man moved me till the tide
Went past my simple shoe,
And past my apron and my belt,
And past my bodice too,

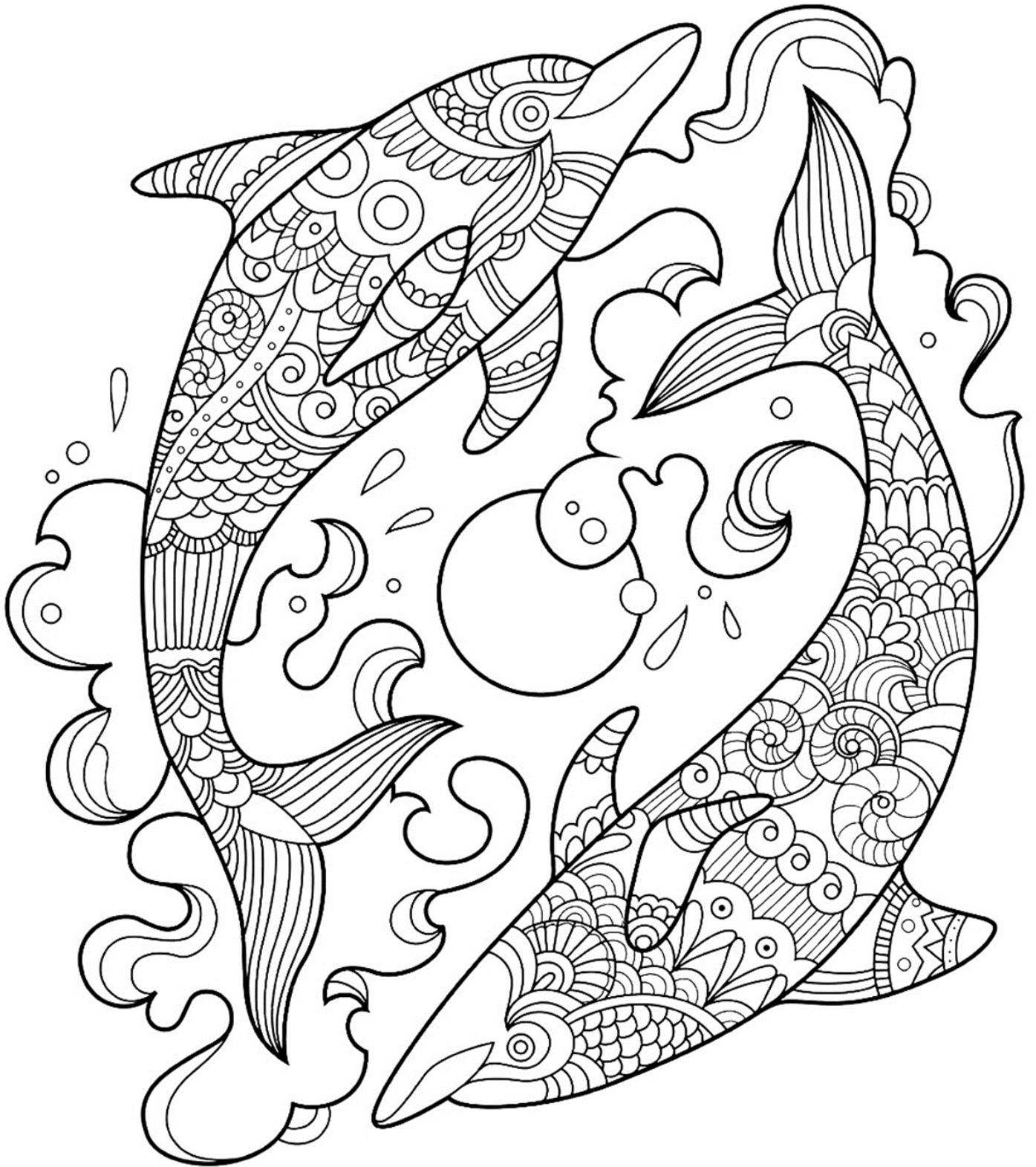
And made as he would eat me up
As wholly as a dew
Upon a dandelion's sleeve –
And then I started too.

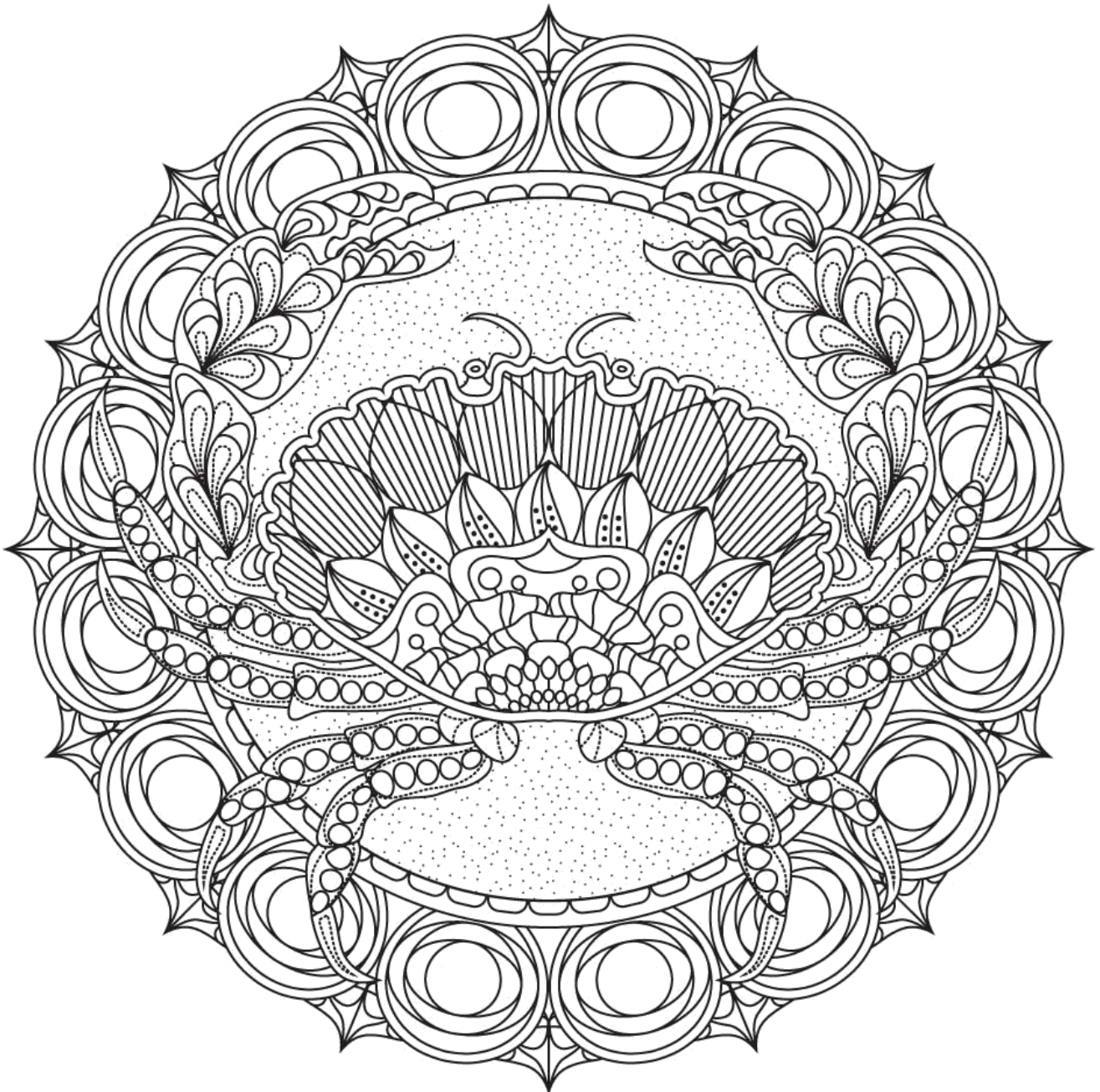
And he – he followed close behind;
I felt his silver heel
Upon my ankle, – then my shoes
Would overflow with pearl.

Until we met the solid town,
No man he seemed to know;
And bowing with a mighty look
At me, the sea withdrew.

Colouring Pages







My Weekly Planner

MORNING

AFTERNOON

EVENING

S			
M			
T			
W			
T			
F			
S			

HIGHLIGHTS OF MY WEEK

THINGS TO REMEMBER

Advice From The OCEAN

Be Shore of Yourself

Come Out of Your Shell

Take Time to Coast

Avoid Pier Pressure

Sea Life's Beauty

Don't Get Tide Down

Make Waves!



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