



# Mental Health Matters Wales

## Activity Packs

# Pirates

### 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.

### 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.

This activity book has  
been kindly printed by



Cardiff and Vale University  
Health Board Voluntary Services



**MHM WALES**

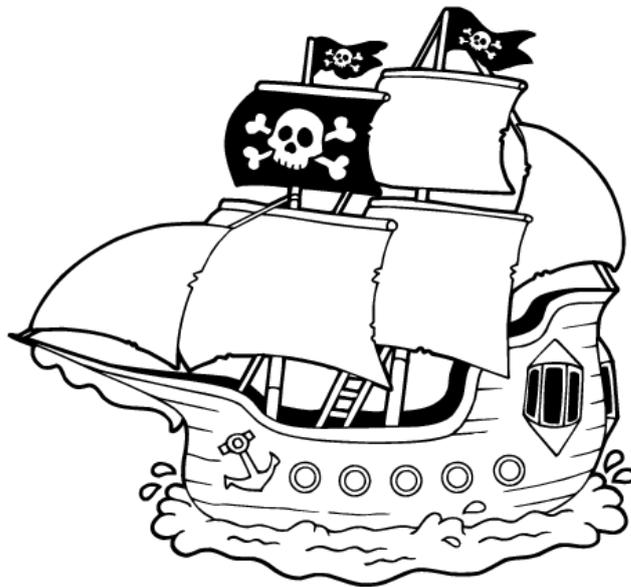
# Mental Health Matters Wales

## Activity Packs

# Pirates

International Talk Like A Pirate Day is celebrated 19th September every year. It is a parodic holiday created in 1995 as a joke by John Baur and Mark Summers, of Albany, Oregon, U.S.A but it has become very popular over the years.

According to Summers, the day is the only known holiday to come into being as a result of a sports injury. During a racquetball game between Summers and Baur, one of them reacted to the pain with an outburst of "Aaarr!", and the idea was born. That game took place on June the 6th, 1995, but out of respect for the observance of the Normandy landings, they chose Summers' ex-wife's birthday, as it would be easy for him to remember



# FIVE

## *Facts about*

# Pirates



**Pirate Ships** had their own Code of Conduct specified by the Pirate Captain. While stealing was a pirate's job, stealing amongst shipmates was severely punished - including being keelhauled, lashed, or even marooned!

**Jolly Rogers** (the black flags with white skulls) were created to scare people. Not all pirate ships adopted them; they were mainly seen in Spanish pirate ships.



**Pirates** believed that piercing their ears would improve their eyesight

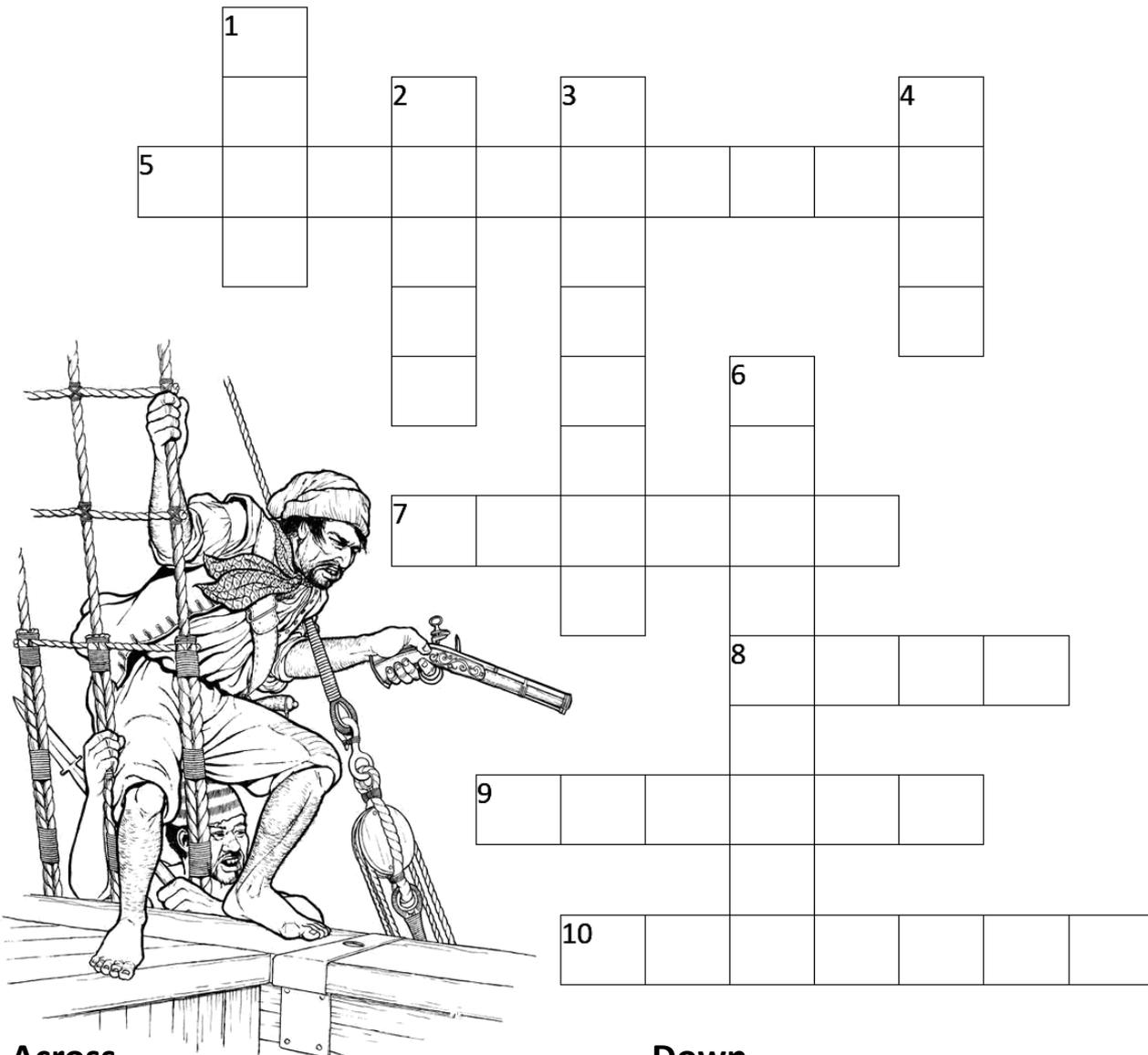


**Blackbeard** was the most feared pirate of all. Blackbeard (AKA Edward Teach) was known as the most terrifying pirate in the world. Before capturing a ship he would weave hemp into his beard and light it on fire - an intimidation tactic that made him look demonic.



**Women Were Pirates Too.** Not wanting to live the subservient life expected of women in their day, Anne Bonny, Grace O'Malley, Mary Read and Ching Shih won over the respect of their pirate crewmembers with their murderous and capable ways.

# Pirates Crossword



## Across

- 5. Pirate's flag.
- 7. A pirate's favourite bird.
- 8. A pirate's home and vehicle.
- 9. Old name for a pub.
- 10. A pirate's curved sword.

## Down

- 1. A pirate shouts this word to get attention on their ship.
- 2. Pirates walk it.
- 3. What a pirate wants most of all!
- 4. Pirate's drink.
- 6. A lookout place on a ship.

### Answers:

- 1) Ahoy 2) Plank 3) Treasure 4) Grog 5) Jolly Roger  
 6) Crows Nest 7) Parrot 8) Ship 9) Tavern 10) Cutlass

# The Pirates Curse!

## *A Short Story by Leslie Melville 1996*

Tom Sweeney was a pirate. Not a pirate captain, or particularly fierce. He was just a sailor who preferred the life of a buccaneer and enjoyed the company of hard drinking ruffians! He had seen plenty of action over the years, including the experience of being with Henry Morgan at the Siege of Maracaibo.

It was said that Sweeney was born of gypsy stock, although no one knew for sure. Even Sweeney himself did not know exactly where he was born! The one thing that made Sweeney stand out from the rest of his shipmates, was the bear. The bear had been with him for about fifteen years. He said that he had won it in a game of 'shove ha'penny' when it was a cub. But now, fifteen years on, it was a fully-grown Russian Black Bear standing eight feet tall on its hind legs! Sweeney took it everywhere and it was said that the bear could down a jug of ale with the best of them! The bear was devoted to Sweeney and he to it. They were inseparable – Until the fateful day that they arrived in Liverpool.

The ship was tied up at the dockside. Sweeney, some of his shipmates and the bear had gone ashore. They were all in a quayside alehouse, drinking and playing cards with some of the Liverpool locals. As the afternoon wore on, the drinking became heavy and tempers began to fray. An argument developed between a local fisherman and one of Sweeney's pals. In the fight that followed, the fisherman got stabbed.

Now the fight had nothing to do with Sweeney, he was at the bar at the time and was not involved. But the following day, because those in the alehouse had remembered the bear, he was picked out as the ringleader. He was thrown into jail and the bear taken from him. He never saw it again!

Sweeney was outraged at the injustice, and distraught at the loss of his beloved companion. So angry in fact that he placed a curse on the City of Liverpool! A curse, that is unbroken to this day. It is known as 'The Curse of Sweeney's Bear'. From that day to this very moment, every child born in the City of Liverpool is born with a 'bare' behind!



# Buccaneer Word Grid

*How many individual words of 3 or more letters can you make from the letters in Buccaneer?*

B	U	C
C	A	N
E	E	R


# Talk Like A Pirate

*This Pirating Patter will help you to sound like a real Pirate*

1. **Ahoy!** *Hello!*
2. **Avast!** *Stop! or Cease!*
3. **Yer!** *You*
4. **Sail Ho!** *Exclamation for "ship on the horizon!"*
5. **Jolly Roger** *Pirate flag with skull and crossbones*
6. **Black Spot** *Written message with black smudge indicating a threat*
7. **Booty** *Treasure*
8. **Broadside** *The Firing of cannon on the side of a ship*
9. **Cat O' Nine Tails** *A multi-tailed flail used for severe physical punishment*
10. **Dance The Hempen Jig** *To Hang Someone*
11. **Hempen Halter** *Noose used to hang someone*
12. **Dead Men Tell No Tales** *Pirates excuse for leaving no survivors*
13. **Gibbet Cage** *A human-form cage used to display the dead bodies of Pirates*
14. **Buccaneer** *Another name for a pirate*
15. **Hang The Jib** *To frown or pout*
16. **Bilge Sucking** *An insult*
17. **Keelhaul** *To punish by dragging a person under the keel of the ship*
18. **Loaded To The Gunwalls** *Completely drunk!*
19. **Maroon** *To abandon a person on a desert island as punishment*
20. **Shiver Me Timbers!** *Expression of horror or strong emotion*

# Pirate Word Search

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

Crows Nest Scurvy Sails Sword Jewels Eyepatch Anchor Chest Cannon

Crew Plank Ship Flag Matey Ahoy Compass Island Skull Map Parrot

Hook Jolly Roger Cutlass Crossbones Captain Gold Blackbeard Hunt

Matty Treasure Decks Buccaneer Pirate

# Treasure Island Word Scramble

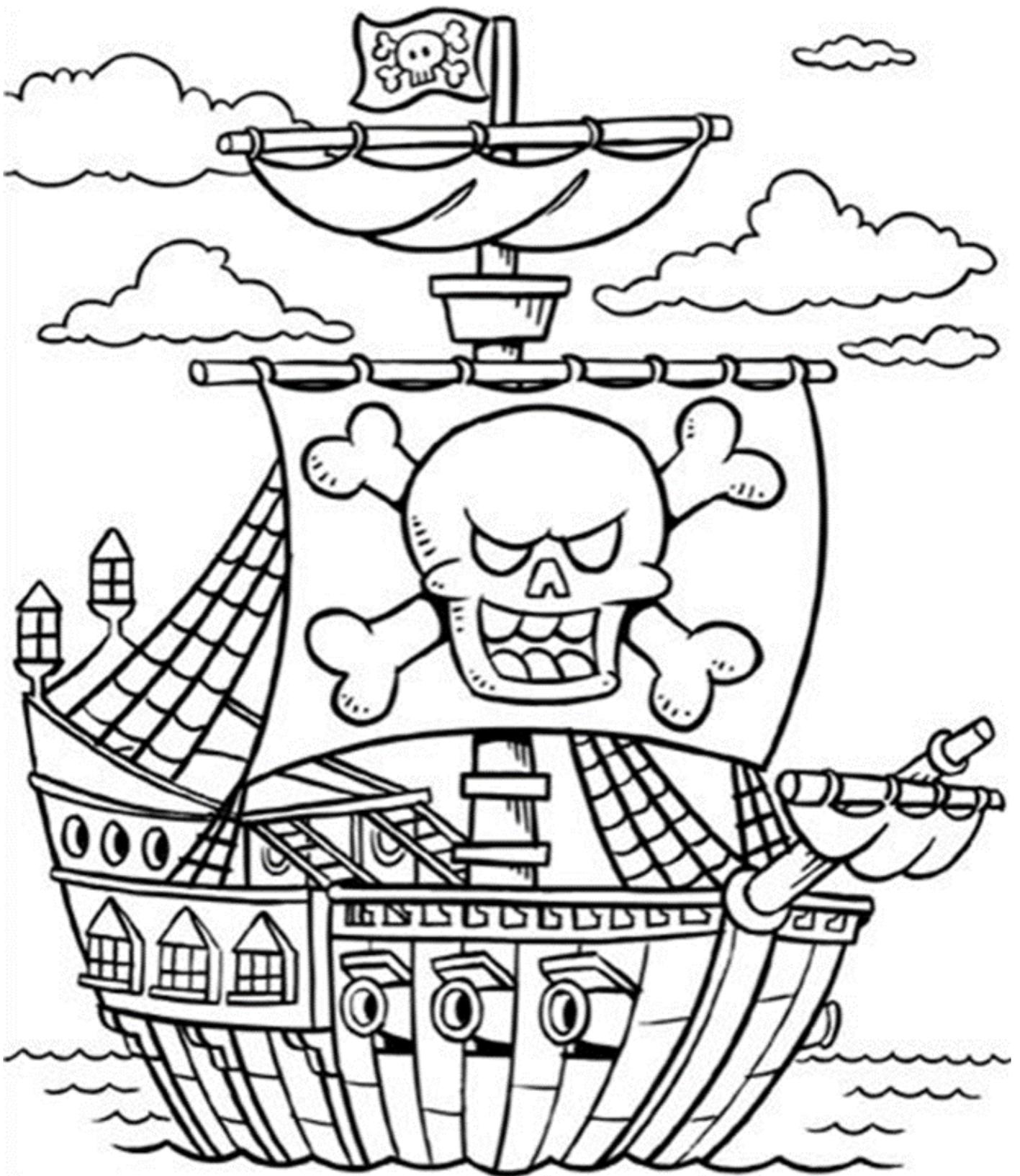
1. MSR ASNIWKH \_\_\_\_\_
2. SMR GOMOC \_\_\_\_\_
3. OMT MNROGA \_\_\_\_\_
4. MSR TERDDLFE \_\_\_\_\_
5. AKBCL GOD \_\_\_\_\_
6. BILYL BESNO \_\_\_\_\_
7. RD LVEISEY \_\_\_\_\_
8. RQSUEI ELERNAWYT \_\_\_\_\_
9. NOGL HONJ RSIVEL \_\_\_\_\_
10. BLDNI WPE \_\_\_\_\_
11. MIJ ANISKWH \_\_\_\_\_



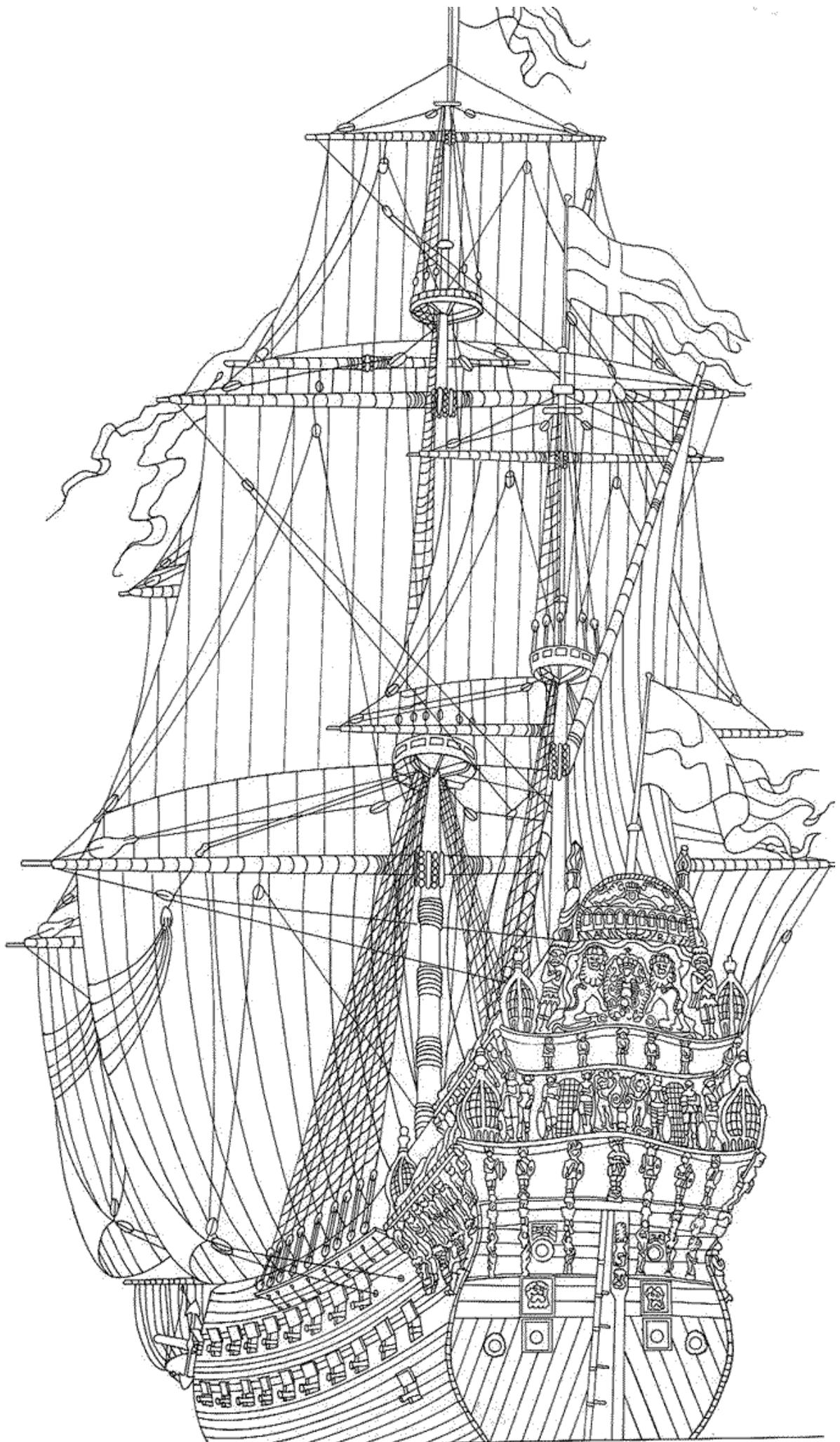
## Answers:

- 1) Mrs. Hawkins
- 2) Mrs. McGoo
- 3) Tom Morgan
- 4) Mrs. Trefuddle
- 5) Black Dog
- 6) Billy Bones
- 7) Dr. Livesey
- 8) Squire Trelawney
- 9) Long John Silver
- 10) Blind Pew
- 11) Jim Hawkins

# Colouring Pages







# My Weekly Planner

MORNING

AFTERNOON

EVENING

<b>S</b>			
<b>M</b>			
<b>T</b>			
<b>W</b>			
<b>T</b>			
<b>F</b>			
<b>S</b>			

**HIGHLIGHTS OF MY WEEK**

**THINGS TO REMEMBER**



**“UNDER THE LEADERSHIP OF A MAN YOU HAVE ALL  
CHOSEN TO FLEE. WE SHALL SEE HOW YOU PROVE  
YOURSELVES UNDER THE HAND OF A WOMAN.”**

**— MADAME CHING**