

3. Ode to Olly the Octopus

Olly the Octopus has been feeling overwhelmed. To Olly, feeling overwhelmed is like listening to 100 whales bellow at once, or being stuck in cold, wet mud. Can you help Olly feel better? Think about what makes you relax when you're overwhelmed. Eating ice cream? Reading a book? Napping?

In four of Olly's tentacles (that's what you call octopus arms!), write a tip for what he can do to feel more relaxed. In the other four tentacles, write Olly a compliment so he knows he's doing a good job! Double click in the bubbles and hearts to write your tips or compliments here!

