

# Client Development Activity Pack!

In this pack you will find activities, challenges and exercises to help you pass some time and take care of your wellbeing. We will be sending one of these packs to your service every day, Monday - Friday. Remember to pick up your copy! We hope you find it helpful.

## Contents:

Crack the Code.....	Page 1
Plank Challenge.....	Page 2
Mindfulness Colouring.....	Page 3
Gratitude Journal.....	Page 4
Friday Showcase!.....	Page 5

## Daily Affirmation;

*I am resilient, even with the weight of the world  
on my shoulders.*



Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at [cd@dubsimon.ie](mailto:cd@dubsimon.ie).

# Crack the Code

Each letter has an assigned number. Use the code to fill in the message below.

a	b	c	d	e	f	g	h	i	j
5	2	10	16	9	6	7	26	25	1

k	l	m	n	o	p	q	r	s	t
8	11	23	15	20	3	12	17	21	24

u	v	w	x	y	z
13	22	4	18	14	19

\_\_\_\_\_  
23    14

\_\_\_\_\_  
3    20    21    21    25    2    25    11    25    24    25    9    21

\_\_\_\_\_  
5    17    9

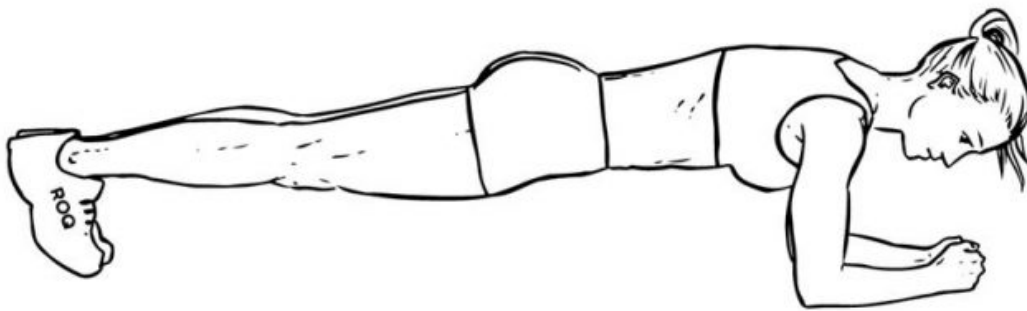
\_\_\_\_\_  
9    15    16    11    9    21    21



# Plank Challenge

**Why don't you give it a go today!**

- Lie on your front propped up on your forearms and toes
- Keep your legs straight and hips raised to create a straight and rigid line from head to toe
- Your shoulders should be directly above your elbows
- Focus on keeping your abs contracted during the exercise

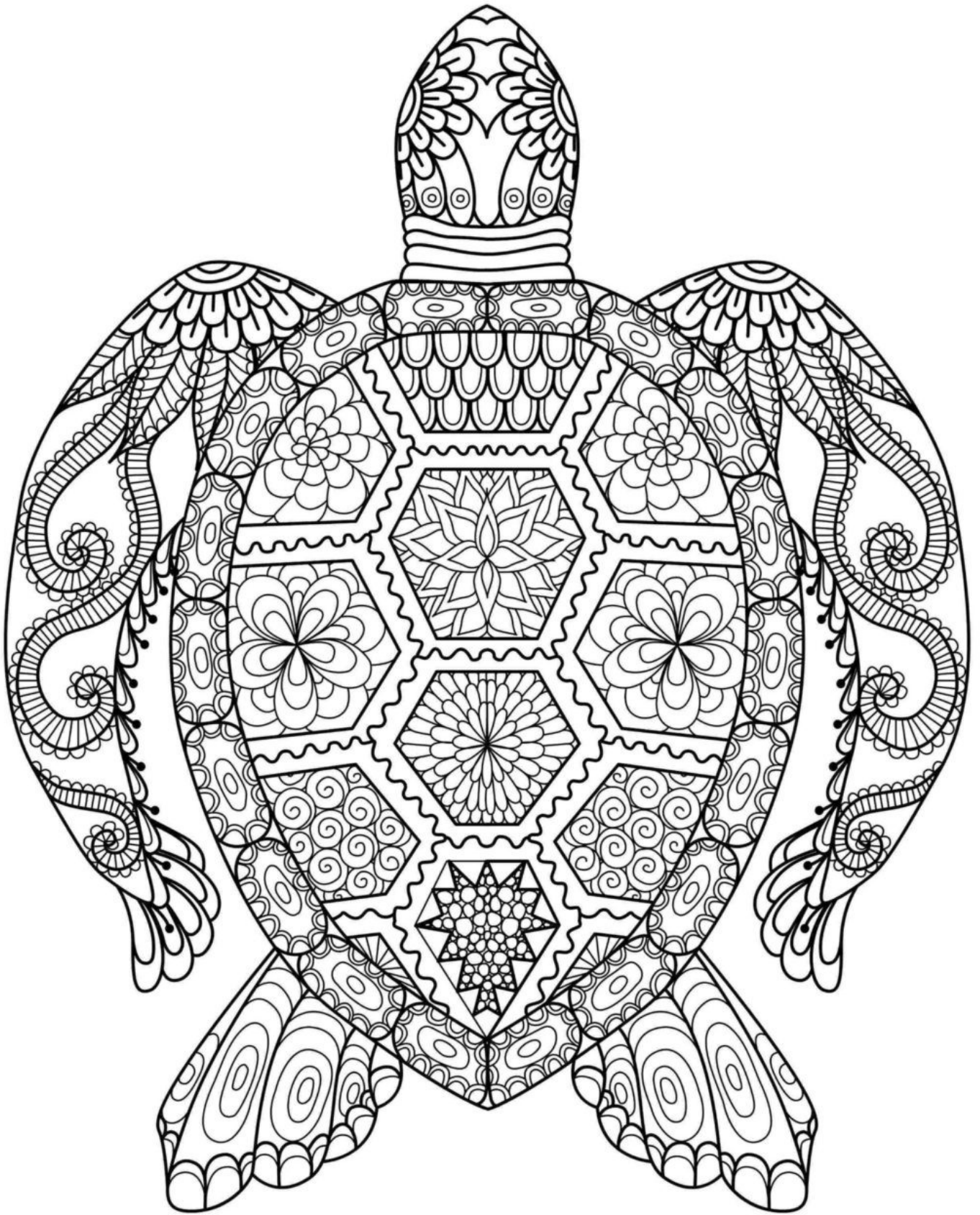


## **Beginners Guide & Tips:**

- Hold this position for 5 to 10 seconds and repeat 8 to 10 times
- Don't allow your lower back to sink below your shoulders during the exercise
- You should be looking at the floor
- For an easier version, perform the plank with your knees on the floor



**Send your name and your best time to the Health  
and Wellbeing service at  
[cd@dubsimon.ie](mailto:cd@dubsimon.ie)**



Dublin  
**Simon**  
Community



# Gratitude Journal



**End your week on a positive note by completing this gratitude journal brought to you by the Sure Steps Counselling service**

Something about today I always want to remember is

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I am proud of \_\_\_\_\_ (person's name) because

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I am proud of myself today because

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My friend \_\_\_\_\_ (person's name) is important to me because

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Something good that happened today was

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Something interesting I saw today was

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Something special about me is

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Something funny that happened today was

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Something I like about myself is

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For more information please contact Sure Steps  
Counselling on 01 6354882 or  
[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)



# Friday Showcase

Thank you to all those who sent in their wonderful work this week. Your creative talents continue to blow us away! If you would like us to feature your work next week, please email us at [cd@dubsimon.ie](mailto:cd@dubsimon.ie)!

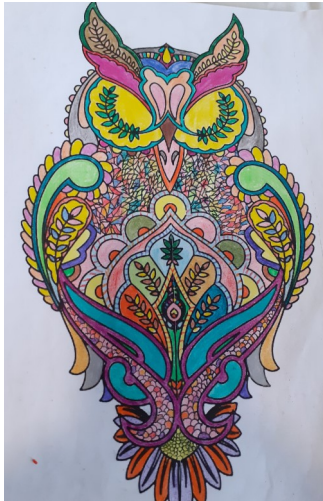
## Gratitude

Gratitude, gratitude where would I be,  
Without you inside me I wouldn't be free,  
Free to be happy and free to be kind,  
Free to be joyous and have piece of mind,  
To be grateful for sight from both of my eyes,  
For when I wake in the morning, I can see the sun rise,  
For both of my ears so I can hear every noise,  
Every frequency, decibel, the lows and highs,  
To be able to feel everything that I touch,  
Like the soft of my pillow so silky and plush,  
For all of the food I can taste when I eat,  
Whether it's bitter or bland or sour and sweet,  
For all of the wonderful things I can smell,  
Or if it's bad like a gas leak.....  
With my nose I can tell.

*Kevin McD*



This beautiful painting is called 'The Rising Sun' and was created by Jeff. He combined markers and spray paint to produce a magical glowing effect.



We've never seen such an exquisite owl! This mindfulness masterpiece is by Ed.

## We Are All One; We Are In This Together

We are not alone, for home is where the heart is  
It is our hearts that keep us alive  
For every beat is a breath of fresh air  
The air we need to stay alive, just like the bees in a hive  
This virus will not make me demise, for I am very wise  
Life is more meaningful to me for every day that passes  
The world has changed and we have changed with it  
Like it or not, the change came from the heart, not the virus  
For love conquers all and **always** will  
So stay safe – we'll see each other again  
Lots of love, Jeff