

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.

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Today's Affirmation;

"If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely."

Roald Dahl



Client Development would love to get your feedback! Tell us what you would like to see more of. Send us photos of your activities and we can include them in our Client's Eye magazine. Call us on 01 635 4884 or email us on cd@dubsimon.ie

Dublin Castle Emoji Challenge!

This quiz has been brought to you by the Education Team in Dublin Castle. Look at the emoji's to figure out the song titles! For example; answer to no. 1 = Fairytale of New York by The Pogues. Send your answers to cd@dubsimon.ie. Good luck!

Popular Irish Songs

1.   
2. 
3.   
4.  
5.  
6.   
7.   
8.   
9.   
10.  
11.      
12.   

Try some yoga to relax...

- Start in downward dog (top left)
- Move through each pose holding for as long as is comfortable for you (from left to right)
- Make sure to do both sides in warrior 1 and warrior 2
- Control your breath in through the nose and out through the mouth
- Take a selfie while practicing yoga and send it the Health and Wellbeing team at cd@dubsimon.ie!



Downward facing dog

Full plank

Warrior II poses



Tree poses

Warrior I poses

Triangel forward



Bridge poses

Caterpillar pose

Wide child's poses



Dublin
Simon
Community