

# 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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## Daily Affirmation;

**I am confident and competent.**

**I hold my head up high.**

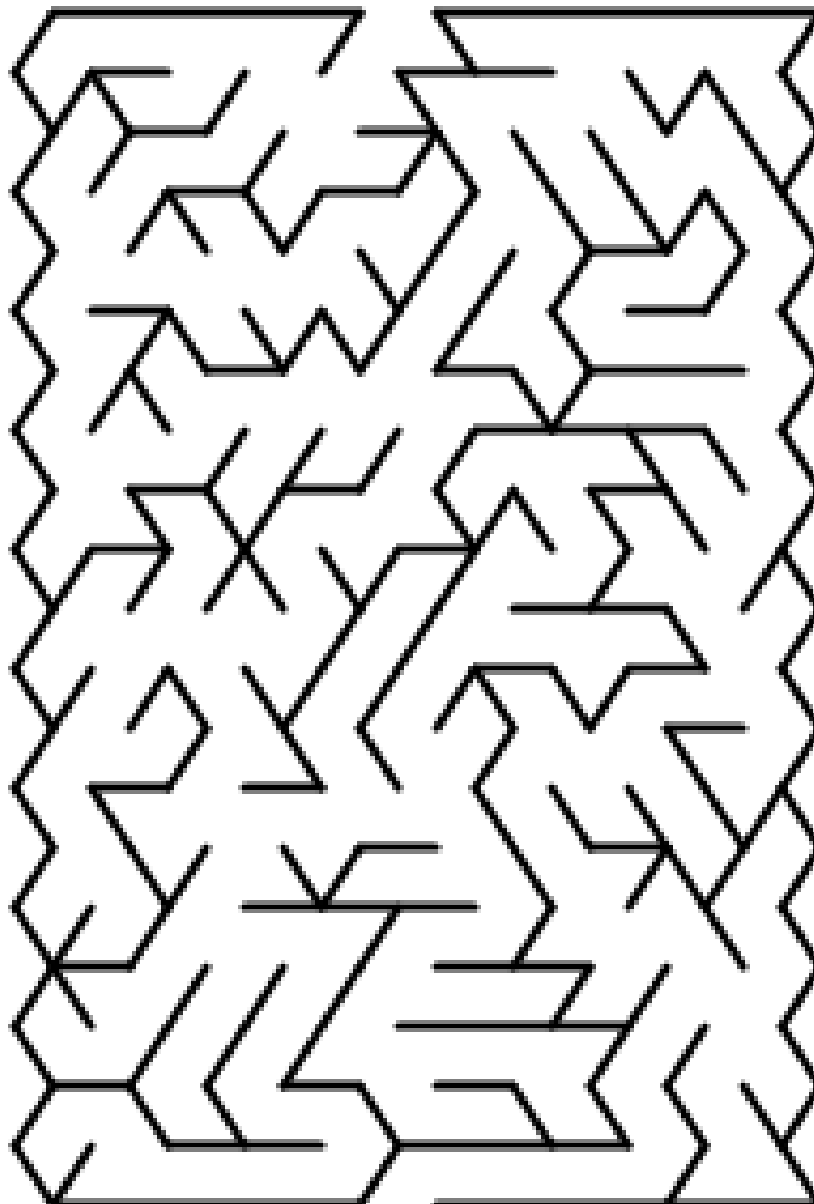


Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at [cd@dubsimon.ie](mailto:cd@dubsimon.ie).

# Maze

Start at the top of the maze where there is a gap. Use a pencil to draw a path through the maze to reach the opening at the bottom of the maze.

Start here



Finish

# Relaxing 'Safe Place' Imagery



**All visualisations can be strengthened by ensuring you engage all your senses in building the picture in your mind's eye - it's more than just "seeing"!**

**If you notice any negative links or images entering your positive imagery, then discard that image and think of something else. Try to avoid using the place you stay (or your bed) as your 'safe place' image. You can create a new 'safe place' in your imagination.**

**Start by getting comfortable in a quiet place where you won't be disturbed. Take a couple of minutes to focus on your breathing, close your eyes, become aware of any tension in your body and let that tension go with each exhale.**

- ◆ Imagine a place where you can feel calm, peaceful and safe. It may be a place you've been to before, somewhere you've dreamed about going to, somewhere you've seen a picture of, or just a peaceful place you can create in your mind's eye.
- ◆ Look around you in that place, notice the colours and shapes. What else do you notice?
- ◆ Now notice the sounds that are around you, or perhaps the silence. Sounds far away and those nearer to you. Those that are more noticeable and those that are more subtle.
- ◆ Think about any smells you notice there.
- ◆ Then focus on any skin sensations - the earth beneath you or whatever is supporting you in that place, the temperature, and any movement of air, anything else you can touch.
- ◆ Notice the pleasant physical sensations in your body whilst you enjoy this safe place.
- ◆ Now whilst you're in your peaceful and safe place, you might choose to give it a name; one word or a phrase that you can use to bring that image back, anytime you need to.
- ◆ You can choose to linger there a while, just enjoying the peacefulness and serenity. You can leave whenever you want to, just by opening your eyes and being aware of where you are now, and bringing yourself back to alertness in the 'here and now'.



For more information please contact Sure Steps  
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[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)

# Emoji Quiz!

Figure out these Dublin areas based on the emojis.

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10. 
11. 
12. 
13. 
14. 
15. 