

Client Development Activity Pack!

In this pack you will find challenges, exercises and activities 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 in control of my choices,
I have many options and can
make wise decisions.**

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.





How to communicate effectively using the acronym **DEAR MAN**

D **Describe** the situation. Use facts only.

E **Express** your feelings and opinions.
Use “I feel”, “I want” instead of “You made me feel”, “You should”.

A **Assert** yourself. Ask clearly for what you want or say NO clearly. “I would like you to let me know before you take my stuff.”

R **Reward** the person by explaining the positive effects on them if you get what you need. “If you asked me, I would feel important, and I wouldn't shout at you”.

M **Mindful**. Stick to one thing at a time.
Don't drag up old issues. Repeat what your current problem is.

A **Appear** confident. Make eye contact and use a confident tone of voice. Stand up straight.

N **Negotiate**. Be willing to give in order to get. Offer solutions, and ask the other person for their opinion. Focus on what would work.



Sudoku

Sudoku 9x9 Puzzle

Each row and column contains all the digits 1 to 9.

Each 3x3 sub grid also contains all the digits 1 to 9.

6			4		3			8
7	3	4		2		5	6	9
2			6		5			4
8	1	2				4	7	6
	6		2	1	8		5	
3	5	9				8	2	1
		3	9		2	6		
9	2	8		5		3	4	7
		6	3		7	1		