

# 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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## Don't Miss Out!

Are you feeling stiff or low in energy? Why not join in a **Chair Yoga Class with Rosie** via Zoom on Thursday 30th April at 4pm! Contact [cd@dubsimon.ie](mailto:cd@dubsimon.ie) to get your meeting id or ask a member of staff in your service for more information.

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).



# Walt Disney Pictures Word Search

Find and cross out all the words listed below. The words may go horizontally, vertically, diagonally and backwards. Good luck!

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| u | o | i | c | s | d | h | p | l | i | i | a | w | j | a |
| j | b | c | f | d | a | x | e | b | b | l | p | i | o | l |
| p | m | n | a | d | v | t | m | r | a | y | s | e | i | l |
| z | u | q | n | x | t | a | n | d | c | t | y | d | p | e |
| r | d | q | t | z | b | l | d | o | a | u | d | j | p | r |
| e | x | m | a | j | g | i | j | c | h | j | l | e | n | e |
| u | t | k | s | z | n | y | o | x | j | a | y | e | s | d |
| e | l | l | i | u | o | t | a | t | a | r | c | q | s | n |
| n | c | i | a | i | s | n | a | z | r | a | t | o | p | i |
| d | a | j | t | i | e | l | m | l | d | k | b | n | p | c |
| s | o | l | r | p | i | n | o | c | c | h | i | o | h | a |
| a | l | a | u | j | w | r | k | b | g | g | r | m | l | h |
| s | c | t | k | m | u | y | m | r | s | d | t | f | e | v |
| z | f | s | x | t | x | p | o | i | d | m | n | t | v | n |
| d | w | a | u | c | z | x | s | x | h | h | z | f | f | d |

pinocchio

fantasia

dumbo

bambi

cinderella

aristocats

aladdin

pocahontas

hercules

mulan

tarzan

ratatouille

up



## Face COVID-19

# STOP Coronavirus

*Use these practical steps for responding effectively to the Corona crisis!*

- F = Focus** on what's in your control – anxiety is normal in these times of uncertainty.
- A = Acknowledge** your thoughts & feelings – observe what is going on inside you.
- C = Come back** into your body – use your senses, do some stretching or breathing exercises.
- E = Engage** in what you're doing – really focus on what you are doing right now.

*You may have to do this a few times before you feel a little calmer.*

- C = Committed action.** Is what you do important to you? Does it improve your wellbeing right now? Does it help others around you?
- O = Open up.** Allow yourself to feel unpleasant feelings and be kind to yourself.
- V = Values.** Remember what you value and believe in, for example; love, respect, humour, patience, courage, honesty, caring, openness, kindness... And sprinkle these values across your day.
- I = Identify.** Identify your resources for help, assistance, support, and advice. This includes friends, family, staff, health professionals, counsellors. Find a reliable and trustworthy source of information for updates on the crisis and guidelines for responding to it.
- D = Disinfect & distance.** Wash your hands regularly and practice as much social distancing as is realistically possible, for the greater good of your community. And remember, we're talking about physical distancing – not cutting off emotionally.



For more information please contact Sure Steps  
Counselling on 01 635 4882 or  
[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)

# Chocolate Bar Quiz!

Can you tell which different chocolate bars these are?

|   |   |  |   |
|---|---|--|---|
|    |    |    |    |
| 1   | 2   | 3  | 4   |
|    |    |    |    |
| 5   | 6   | 7  | 8   |
|  |  |  |  |
| 9   | 10  | 11   | 12  |
|  |  |  |  |
| 13  | 14  | 15   | 16  |
|  |  |  |  |
| 17  | 18  | 19   | 20  |