

# 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;

*Today I will embrace self-care as an essential part of my wellbeing.*

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](mailto:cd@dubsimon.ie)



## Dublin Castle Emoji Challenge!

Another day, another emoji challenge! This has been brought to you by the Education Team in Dublin Castle. Look at the emoji's to figure out the popular Irish TV shows! Just to help get you started; the answer to no.1 is Derry Girls! Send your answers to [cd@dubsimon.ie](mailto:cd@dubsimon.ie). Good luck!

### Irish TV favourites

1. 🇬🇧 👩 👨 👩 👩 👩 👩
2. 🏖️ 🏠 🏠 🏠 🏠 🏠 🏠 🏠 ☕
3. 🎡 🏙️
4. 🪑 🛏️ 🛁 +
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10. 🏀 💋 👩
11. 🕒 🕒 🧢 🛹 🧸 📺 🎄
12. 😍 😡

# THINK!

Ask yourself if your thought is:



## **T** rue?

Is this thought FACT or opinion?

*What IS absolutely true about this situation?*

## **H** elpful?

Is this thought helpful to me?

*What WOULD be helpful to think right now?*

## **I** nspiring or Important?

Does this thought inspire me, or is it very important, right now?

*What IS really important to think or do right now?*

## **N** ecessary?

Do I really need to believe and act on this thought?

Immediately? Later? Never?

*What IS necessary to do right now?*

## **K** ind?

Is this thought kind to me or others?

*What WOULD be a kind thought, right now?*

If you answer NO to any of these **THINK** questions, you can:

- Safely dismiss the thought
- React to the thought using the more reasonable (blue/italics) thoughts

**Then choose your new focus of attention.**



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

## Sing-A-Long

There are some very talented musicians and singers in Dublin Simon's Maple House service and they asked us to include some song lyrics in this pack. We chose 'We Are the World' by USA for Africa. This song has made a bit of a comeback in the last few weeks and as Ed in Maple House pointed out - there are a lot of relevant meanings in the lyrics.

There comes a time  
When we heed a certain call  
When the world must come together as one  
There are people dying  
Oh, and it's time to lend a hand to life  
The greatest gift of all

We can't go on  
Pretending day-by-day  
That someone, somewhere soon make a change  
We're all a part of God's great big family  
And the truth, you know, love is all we need

We are the world  
We are the children  
We are the ones who make a brighter day, so let's start giving  
There's a choice we're making  
We're saving our own lives  
It's true we'll make a better day, just you and me

Oh, send them your heart  
So they know that someone cares  
And their lives will be stronger and free  
As God has shown us by turning stones to bread  
And so we all must lend a helping hand

When you're down and out, there seems no hope at all  
But if you just believe there's no way we can fall  
Well, well, well, well let us realize  
Oh, that a change can only come  
When we stand together as one, yeah, yeah, yeah

