

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.

Contents:

Spring Word Search.....	Page 1
Gratitude Journal.....	Page 2
Chair Yoga Workout.....	Page 3

Daily Affirmation;

**I am capable of achieving
miraculous things in my life. I am
focused on my goals.**

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 at cd@dubsimon.ie



Spring Word Search

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

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

bloom showers grow chick rainbow
 eggs bud cleaning daffodils nest
 lamb snowdrop sprout tadpole



For more information please contact Client Development at cd@dubsimon.ie

Gratitude Journal

Start your week on a positive note by completing this gratitude journal brought to you by the Sure Steps Counselling service

Today was special because

I appreciate _____ (persons name) because

Something I accomplished today

Something I'm looking forward to

Something I'm thankful for

Three people who make me happy are

1. _____
2. _____
3. _____



I felt happy today when

Something that makes me smile is

Today I had fun when



For more information please contact Sure Steps
Counselling on 01 6354882 or
surestepscounselling@dubsimon.ie

20 Minute Full Body Chair Yoga Workout

- Below is a full body chair yoga session that will energise you as well as help release tension and stress
- Don't be afraid to modify moves to suit your ability
- Hold each pose for 40 seconds and rest for 20 seconds in between
- Complete relevant exercises on each side
- Complete 1 - 3 rounds
- Enjoy and let us know how you get on by taking a selfie and emailing us at cd@dubsimon.ie!



For more information please contact Client
Development at cd@dubsimon.ie