

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 determined and successful.

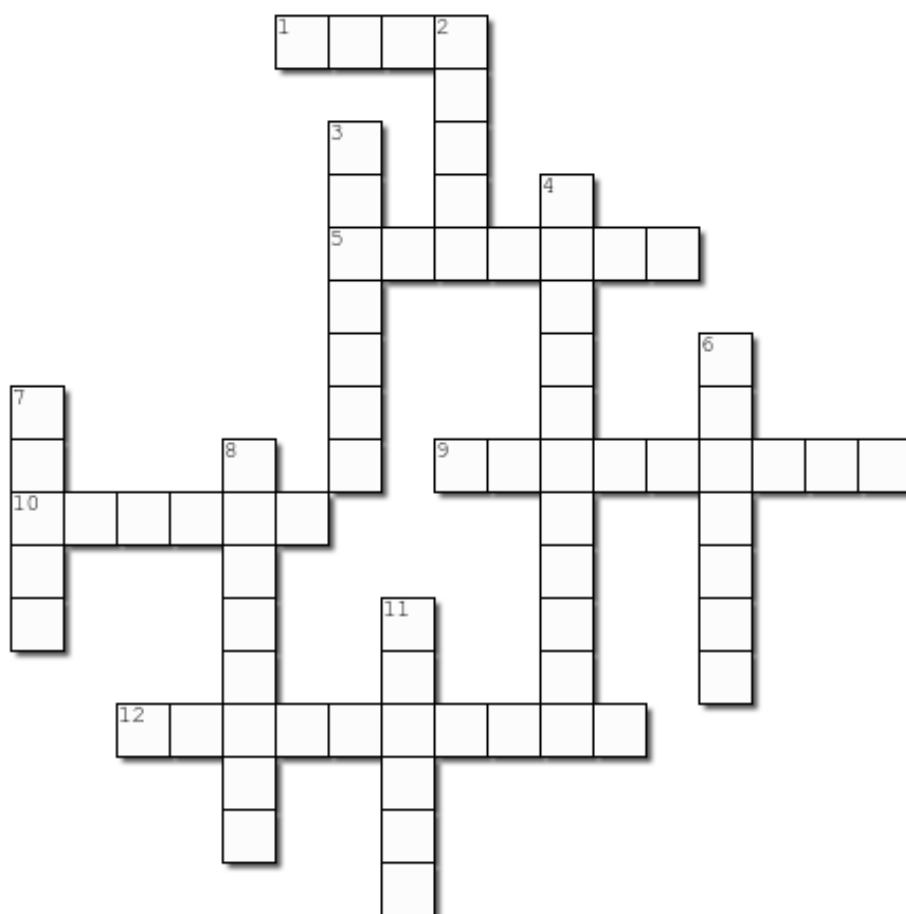
I have inner strength and resources.



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.

Crossword

Use the clues below to fill the answers into the grid. Good luck!



Across

1. A 'doe' is what type of animal?
5. Name of the highest mountain on Earth
9. Second name of person who has scored the most tries for Ireland
10. Second name of person who invented the light bulb
12. Balls of ice that fall from clouds

Down

2. Complete these 3 R's; Reduce, _____, Recycle
3. Fastest land animal in the world
4. A thermometer is used to measure what?
6. Largest ocean on Earth
7. What is a dog's strongest sense?
8. What are the two holes in your nose called?
11. Planet with rings around it

Gratitude Journal

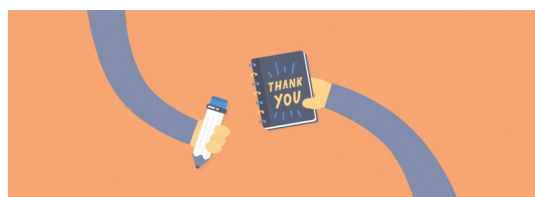
Bring focus and attention to positive thoughts by completing this gratitude journal
brought to you by Sure Steps Counselling

My favourite part of today was

Something I am grateful for today is

Two friends who I appreciate are

A special memory I have is



Something I look forward to is

Today I felt happy when

This week has been happy because

Something that made me smile today was



For more information please contact Sure Steps
Counselling on 01 635 4882 or
surestepscounselling@dubsimon.ie

We Can Do It !

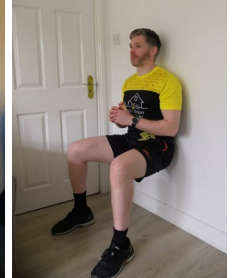
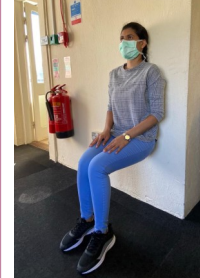


Wall Sit Challenge

Thank you to those who shared their photos and times for the very challenging wall sit challenge!

Well done to everyone who gave it a go!

The winner was Nico with an unbelievable time of 3 minutes and 3 seconds!



Scoreboard

1. Nico, 3.03
2. Andrea, 2.05
3. Denise, 1.43
4. Fergus, 1.30
5. Sean, 1.28



Friday Showcase

Thanks to those of you who got in touch with us this week! It is fantastic to see the creative ways you have been keeping busy during this difficult time. Please keep your photos, creative writing, artwork and suggestions coming to cd@dubsimon.ie!



He Carried Me

When my back was against the wall,
I could not find a way out of my despair,
I felt just a few inches tall,
As life and death gave me that eternal stare,
As the light surrounded me, I could not hide,
I could no more act negatively within despair,
But to realise the narrow gate can open wide,
By calling a friend, who was always there,
Yes, always there by my side,
It was like the footprints in the sand,
I was on his back, humility buried my pride,
And took me from deep waters onto dry land,
Where I could see the footprints in the sand.

Dezi Jay M

May Day

I knew when I woke up on Sunday,
By my mood I could just tell,
Today was going to be a struggle,
Today was going to be hell.
I eventually got up at twelve,
Had a coffee and fag as I do,
Then, sat on the doorstep,
Until the dinner was ready at two.
Afterwards I headed back to my room,
And tried to sleep some more,
But I just lay restless on the bed,
It was now twenty five to four.
I was waiting for somebody to take control,
As my ship drifted further to sea,
Someone to take hold of the wheel,
And make things better for me.
Was my ship going to hit the rocks?
Was it going to sink?
There was nobody else on board,
And that really made me think.
As the waves crashed through my mind,
I knew I had to take the lead,
So I picked up one of my many books,
Relaxed, and began to read.
By six I'd reached calmer waters,
But I knew I couldn't sit back,
So I reached for a picture to colour,
From my activity pack.
At eleven o'clock I dropped anchor,
And looked back over my day,
I was glad I finally took control,
I'm the captain, come what may.

Ed