

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:

Sudoku.....	Page 1
Bedroom Workout Challenge.....	Page 2
Mindfulness Colouring.....	Page 3
Quarantine Bingo.....	Page 4
Friday Showcase!.....	Page 5

Daily Affirmation;

I will start my day with kind feelings and thoughts about myself.

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



Sudoku

Sudoku 4x4 Puzzles

Each row and column contains all the digits 1 to 4.

4			3
3	1		
2			1
		2	

Sudoku 6x6 Puzzles

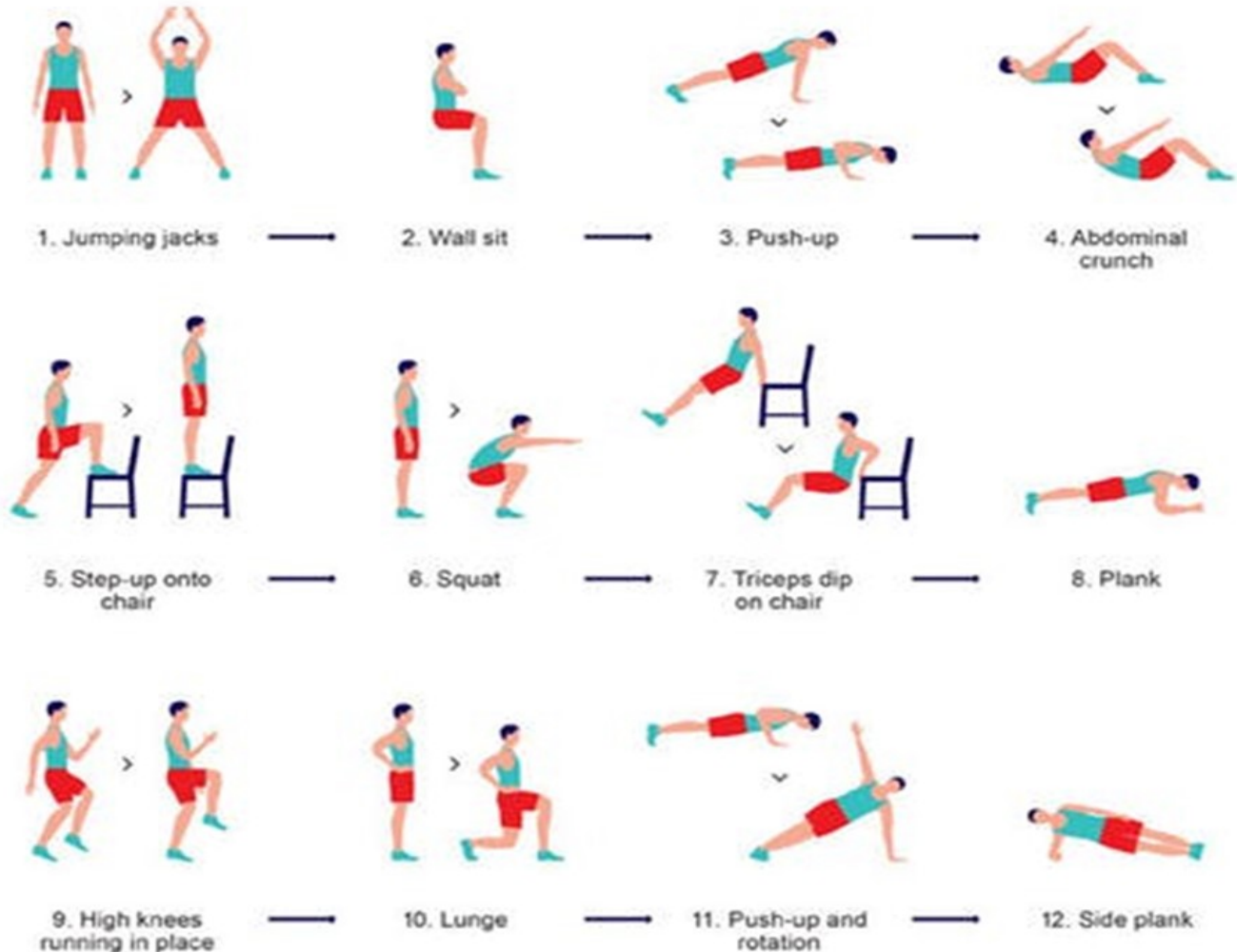
Each row and column contains all the digits 1 to 6.

	2		3	6	
			5		2
1	5				4
2		3	1	5	6
4	3		6	1	
6	1		4	2	

Bedroom Workout Challenge!

There's no reason you can't improve your fitness at home. It won't take all day either. Training with minimal equipment, or even just body weight, is enough to improve your health.

Follow the images below to get a whole body workout.



Tips;

- Hold plank positions and wall sits for 5-10 breaths
- If you are only getting started modify any exercises you need to
- Any movement is better than none!
- Complete as many rounds as you can in 15 minutes
- Choose how many reps you want to do of each exercise, for example; 10 reps of each exercise



For more information please contact the Health
and Wellbeing service at
cd@dubsimon.ie



Dublin
Simon
Community

Quarantine Bingo!

Find someone to play with, or play on your own! Check off the items on your card as you complete them. Once you have all items checked, shout “Bingo!” You’ve won!

Do not touch your face even though you want to

Find a funny post about toilet paper on social media

Draw/write a song/poem for your hopes for the future

Come up with a 20sec hand wash song/rap

Play ‘Who am I’ with some one on video call

Pay yourself a compliment

Download a mindfulness App

Learn a new word in another language



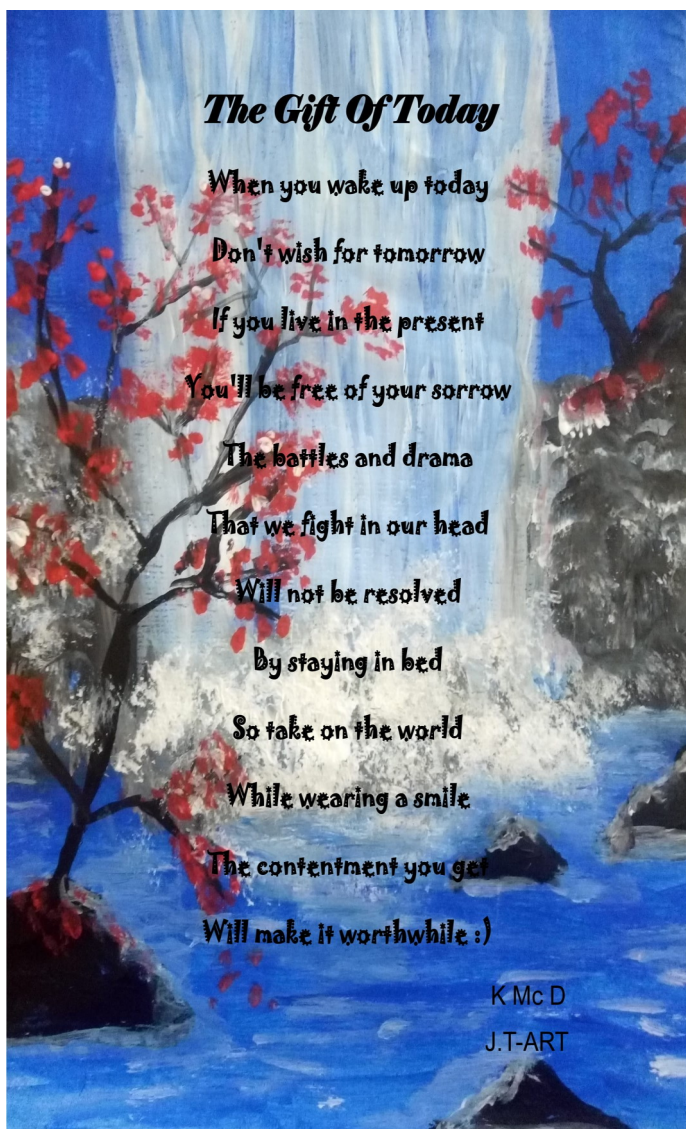
For more information please contact Sure Steps
Counselling on 01 6354882 or
surestepscounselling@dubsimon.ie

Friday Showcase!

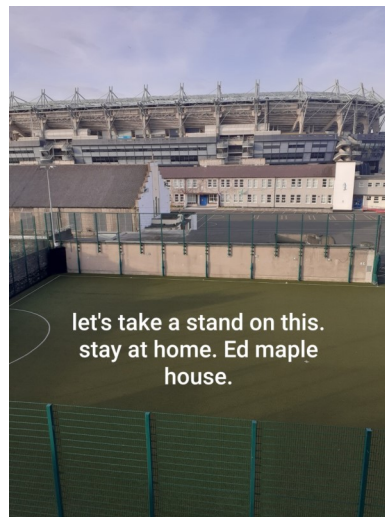
Thank you to those of you who shared your creative work with us this week as well as your submissions to the photography challenge! Here are some of our favourites...

This poem is written by poet Kevin McD. It is about living in the moment and facing the world with a smile.

John painted the picture that acts as a beautiful background to the poem. John says; "I didn't even know I could draw or paint until I done art therapy in Ellen Hall".



If you would like us to feature your creative talents please email us at cd@dubsimon.ie



Amy has been getting creative by doing some beautiful mindfulness colouring.



'Me and My Shadow' by Dezi Jay M