

# 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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## Daily Affirmation;

**People like me.**

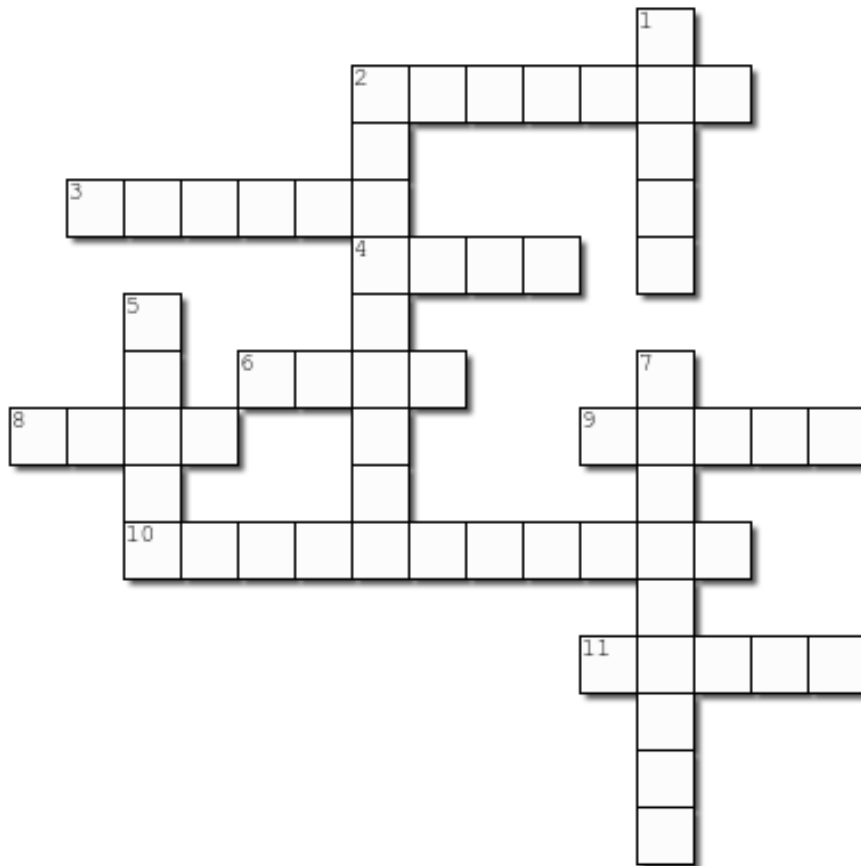
**I am a likeable person and I like myself.**



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).

# Crossword

Read the clues and questions below. Fill the answers into the grid.  
Good luck!



## Down

1. What colour is an emerald?
2. Delicious treat made from cocoa beans
5. How many seas are there?
7. Superhero that can climb buildings

## Across

2. Second name of the first actor to play James Bond
3. Food that pandas eat
4. Name for young cow
6. The Ryder Cup is a competition in which sport?
8. Molten rock that comes from volcanoes
9. Monument on O'Connell Street
10. What country is Amsterdam in?
11. Oak, pine and chestnut are types of what?

# Coronavirus (COVID-19) words and terms explained in plain English

Many people find health information difficult to understand, particularly at the moment. The National Adult Literacy Agency (NALA) has compiled an A-Z list of words about coronavirus (also called COVID-19) with plain English explanations. Today we are looking at 'F'. Visit <https://www.nala.ie/covid-19-words-explained/> for the full list.

## F

<p><b>False information</b></p>	<p>False information is news, stories or hoaxes created to deliberately misinform or deceive readers. Always get your facts through trusted sources:</p> <p><b>Source:</b> Webwise – what is false information (fake news) <a href="http://www.webwise.ie">www.webwise.ie</a></p> <p>Irish sources:</p> <p>The <a href="http://www.gov.ie">Health Service Executive</a> (HSE) <a href="http://www.gov.ie">www.gov.ie</a> website</p> <p>Fact checkers:</p> <p>World Health Organisation – <a href="#">myths busters</a></p> <p>The International Fact-checking Network (IFCN) have a <a href="#">fact-check database</a></p> <p>The Irish news website <a href="http://www.thejournal.ie">www.thejournal.ie</a> will <a href="#">fact check</a> any COVID-19 claims.</p>
<p><b>Fever</b></p>	<p>A fever is a temporary increase in your body temperature, often due to an illness. A high temperature is 38 degrees Celsius or above. Your body's normal temperature is between 36 and 36.8 degrees Celsius.</p> <p>More on fever <a href="#">here</a> on the HSE website.</p>
<p><b>'Flatten the curve'</b></p>	<p>This means reducing the rate at which people become infected with COVID-19. If that rate is pictured as a curve, they would rather it look low and long than high and narrow.</p> <p><b>Source:</b> <a href="http://journal.ie">journal.ie</a> article</p> <div data-bbox="794 1547 1262 1868" data-label="Figure"> </div> <p>This is our goal as we fight COVID-19 because if we control the spread then we reduce the cases arriving into hospitals at the same time.</p>
<p><b>Flu</b></p>	<p>Flu (influenza) is a severe infection caused by a virus. The flu virus infects your lungs and upper airways. More on <a href="#">flu</a> here on the HSE website.</p>

# Maze

Start at the top of the maze where there is a gap. Use a pencil to draw a path through the maze to reach the centre.

Start here

