

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;

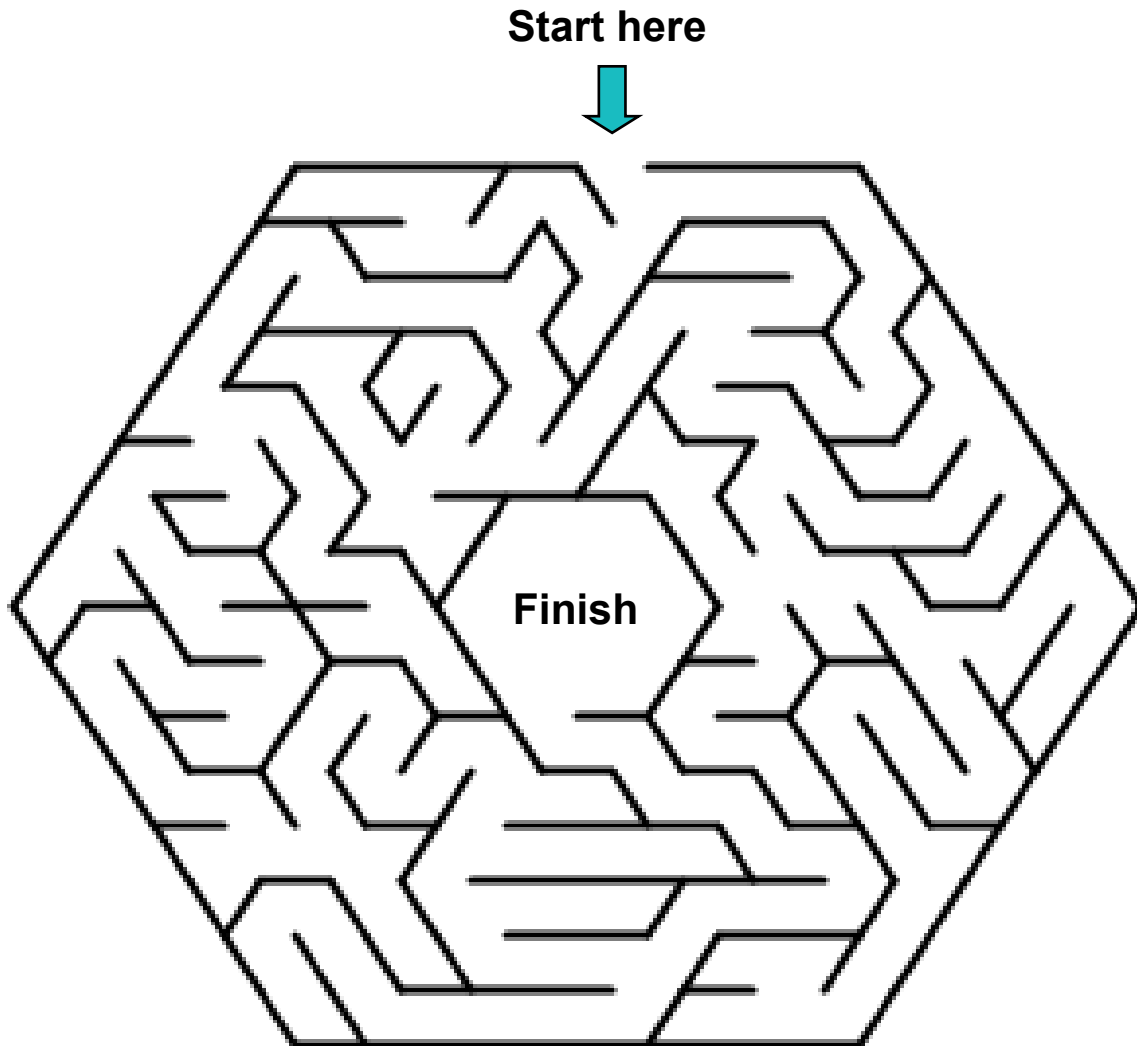
I have my wise mind – I can seek inner guidance whenever I need to.



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.

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 opening at the centre of the maze.



30 Second Plank / Sketch Challenge!

Try this weeks challenge and combine some core training with your creative skills.

What do you need to do ?

1. Have a pen and paper ready
2. Set a stop watch for 30 seconds
3. Get into the high plank position
4. Press go on the stopwatch and you have 30 seconds to draw your favourite animal!
5. You can rest during the 30 seconds but you can only draw when your knees are off the ground
6. Share your best effort with the Client Development team at cd@dubsimon.ie

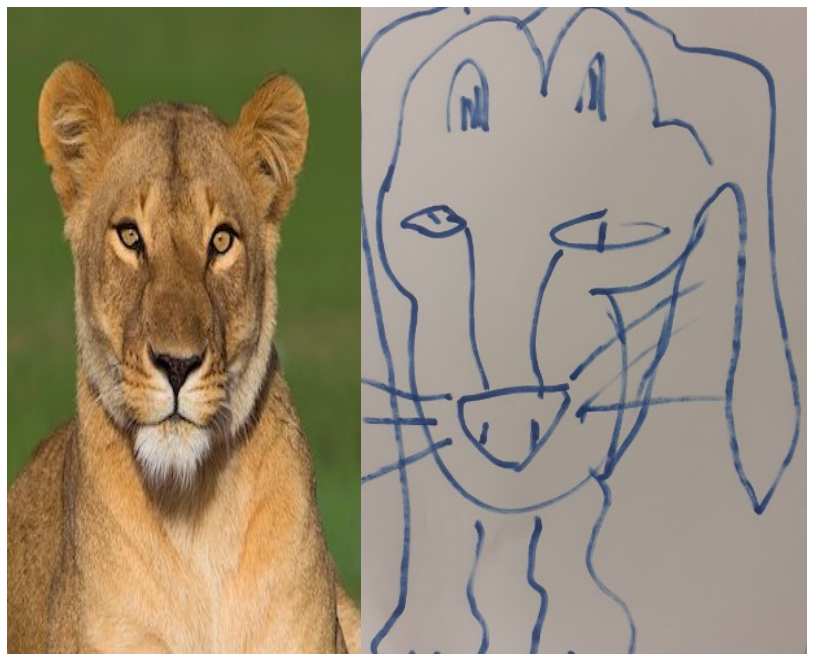
Good Luck!



Check out JT from Health and Wellbeing's effort.

His favourite animal is a Lion.

The resemblance is uncanny!!!



Crack the Code

Each letter has an assigned symbol. Use the code to write the capital cities of the named countries below.

a	b	c	d	e	f	g	h	i	j
☉	♌	♍	♎	♏	♐	♑	♒	♓	er

k	l	m	n	o	p	q	r	s	t
&	●	○	■	□	▲	▼	△	◆	◆

u	v	w	x	y	z
▶	❖	▷	⊗	⊠	⌘

Australia: _____
 ♍ ☉ ■ ♌ ♏ △ △ ☉

Chile: _____
 ◆ ☉ ■ ◆ ♓ ☉ ♑ □

Hungary: _____
 ♌ ▶ ♎ ☉ ▲ ♏ ◆ ◆

India: _____
 ■ ♏ ▷ ♎ ♏ ● ♒ ♓

