

# 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 care about others,  
I am needed and worthwhile.**



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).

# Gardening Tips

With the sun shining, this is a great time of year for planting seeds. It's a wonderful and rewarding experience to watch seeds sprout and grow. Here are some simple tips to assist with your green thumbs.

## Tip 1: Know what you are planting

- It is important to know the seed or flower that you are planting. Each plant has different needs, such as, how much sunlight or water the plant likes.

**Pots:** You can use a plastic or paper cup to plant seeds. For best results, make some holes in the bottom of the cup to allow for drainage of extra water.

## Tip 2: Planting

- Read and follow the directions on the packet to learn how to plant the seed. Some seeds like to be buried under a certain amount of soil, other seeds just like to be scattered on top of the soil.
- Fill the pot with some soil. Place the seeds into the soil, as directed on packaging.
- Plants like their own space. If planting a few seeds, be careful not to put them too close together.
- Mist the soil with some water, making the soil moist but not soggy.
- Label your plants with the plant name and date of when you planted.



## Tip 3: Plant Care

- Only water the plant until the soil is moist.
- Plants like plenty of sun. Place the plants near a window that gets about 6 hours of sunlight.

## Tip 4: Patience

- Plants need time, so you will have to be patient and wait until they are ready to sprout and grow.

### Try growing these seeds:

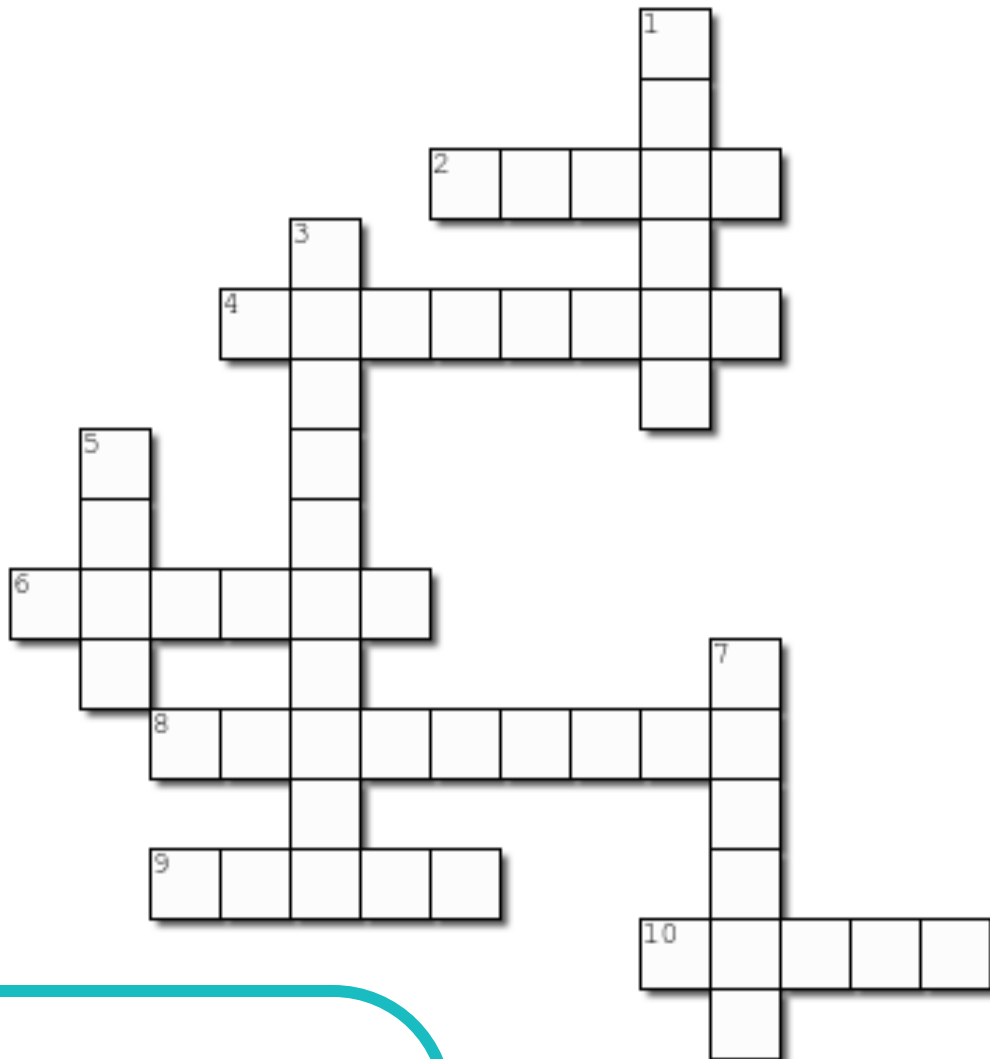
- **Radishes and Watercress** - These are easy to grow indoors in small containers. You'll see growth within 7-14 days of planting.
- **Wildflower mix** - Ideal time to plant wildflower seeds is May. They can grow indoors but will need lots of sun. It takes about 14 days to see growth.

### Places to buy seeds:

- Lidl
- Aldi
- Dealz

# Crossword

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



## Across

- 2. A group of lions
- 4. Yellow flower that grows in spring
- 6. Second name of Irish boxer
- 8. Fictional character whose nose grows longer when they tell lies
- 9. This cat is considered bad luck
- 10. Second name of Irish football player from Cork

## Down

- 1. Spain's capital city
- 3. Hollywood is found in this state
- 5. Shape of a rugby ball
- 7. Abu in Aladdin is this type of animal

# Marathon in May

Join the Health and Wellbeing service in completing a Marathon in May.

## **What is it?**

Complete 26 miles or 42.2 km throughout the month of May. You can run, walk or jog. You can break into small distances every day or longer distance every week. Whatever suits your fitness and ability.

## **What do I need to do to take part?**

You need to be able to record your run using free apps such as mapmyfitness, strava or on a fitbit or other smart watch.

You can then join our virtual running group to gain motivation and check in on your own and others progress over the month.



## **How do I get involved ?**

Contact JT in the Health and Wellbeing service to sign up today!

Email [cd@dubsimon.ie](mailto:cd@dubsimon.ie) or call 0868134320





# Friday Showcase

Thank you to those who sent in their submissions for the Friday Showcase. Once again, we have been blown away by your creativity. Please keep your photos, creative writing, artwork and suggestions coming to [cd@dubsimon.ie](mailto:cd@dubsimon.ie)!



Thanks to Matthew for sending in this amazing photo he took of Dublin along with the quote; “When you feel stuck, look at the sky. The clouds remind us that everything changes” by Kelly Martin.



Karen made this beautiful crane after watching our origami tutorial, don't forget to check it out on the Dublin Simon website!