

# 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 am calm and relaxed.**

**Everything is getting better every day.**



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).

# Sanity Saver Suggestions!

## Virtual Tours

Today our sanity saver suggestions are a short list of virtual tours you can take of places in Dublin.

### Dublin Zoo

- **Webcams and Virtual Tours** (<https://www.dublinzoo.ie/animals/>): You have a choice of taking a virtual tour at Dublin Zoo or watching the giraffes, zebras and rhinos, the Asian elephants or penguins through the webcams. Dublin Zoo's webcams are on 24 hours every day of the week.

### National Gallery of Ireland

- **Virtual Tours** (<https://www.nationalgallery.ie/virtual-tour>): Founded in 1854, this gallery has a collection of 16,300 artworks. You can take a virtual tour of the gallery's collections and find information about each work of art on display.

### National Museum of Ireland

- **Archaeology** (<https://www.museum.ie/en-IE/Museums/Archaeology/Visitor-Information/3D-Virtual-Visit>): You can take a virtual tour of the centre court of the museum and see archaeological artefacts dating from 7000BC to 20th century. Be patient as it can take a few minutes to load.
- **Natural History** (<https://www.museum.ie/en-IE/Museums/Natural-History/Visitor-Information/3D-Virtual-Visit>): This museum is sometimes called the 'dead zoo'. It holds a collection of 10,000 zoological exhibits, including Irish mammals, birds, fish, insects and mammals from around the world.



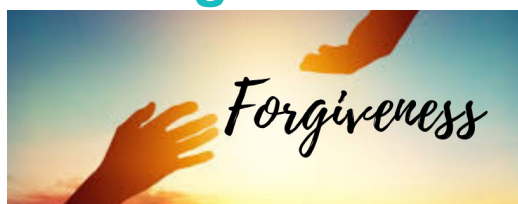
# Breeds of Dogs Word Search

Find and cross out all the words listed below. The words may go horizontally, vertically, diagonally and backwards. Good luck!

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| m | p | f | r | f | e | z | s | a | v | i | c | b | e | d |
| n | l | n | u | x | n | s | u | q | r | q | u | k | l | d |
| x | i | q | w | s | g | h | e | e | v | l | e | e | d | j |
| m | t | c | s | l | a | r | l | t | l | h | j | d | o | i |
| p | v | q | v | u | b | g | e | d | l | d | u | c | o | d |
| f | q | c | h | a | a | a | o | y | y | a | a | s | p | y |
| k | m | i | n | e | o | g | u | f | h | b | m | c | k | s |
| w | h | k | b | a | x | r | c | o | o | o | v | d | j | y |
| c | t | e | p | p | i | h | w | x | d | u | u | i | s | h |
| n | n | i | l | t | i | w | e | h | k | t | n | n | m | x |
| g | u | p | g | y | u | r | c | o | l | l | i | e | d | c |
| x | y | e | g | w | c | a | d | u | h | y | i | c | c | o |
| d | a | l | m | a | t | i | a | n | r | a | p | b | s | r |
| k | d | r | g | m | y | k | a | d | t | v | t | d | d | g |
| l | y | s | d | m | v | b | j | n | x | n | e | t | p | i |

foxhound      maltese      boxer      corgi      poodle  
 dalmatian      husky      pug      whippet      beagle  
 greyhound      bulldog      chihuahua      collie

# Forgiveness



Forgiveness is a process where someone who has been wronged chooses to let go of their resentment, and treat the wrongdoer with compassion.

Forgiveness does not mean forgetting or condoning the wrongdoing, granting legal mercy, or reconciling a relationship. You can forgive a person while in no way believing that their actions were acceptable or justified. On the other hand, simply saying the words “I forgive you”, or accepting an apology, is not forgiveness. In fact, forgiveness can occur without ever speaking to the wrongdoer. Forgiveness is an emotional change that occurs within the person who has been wronged.

| What is Forgiveness?   | What Forgiveness is Not  |
|--|--|
| ⇒ The decision to overcome pain that was inflicted by another person.  | ⇒ Reconciliation (repairing or returning to a relationship).                   |
| ⇒ Letting go of anger, resentment, shame, and other emotions associated with an injustice, even though they are reasonable feelings. | ⇒ Forgetting the injustice. Condoning or excusing the offender's behavior.     |
| ⇒ Treating the offender with compassion, even though they are not entitled to it.  | ⇒ Granting legal mercy to the offender. “Letting go”, but wishing for revenge. |

## The Four Phases of Forgiveness

1. **The Uncovering Phase.** During the first phase of forgiveness, you will improve your understanding of the injustice, and how it has impacted your life.
2. **The Decision Phase.** During the second phase, you will gain a deeper understanding of what forgiveness is, and make the decision to choose or reject forgiveness as an option.
3. **The Work Phase.** During the third phase, you will start to understand the offender in a new way, which will allow positive feelings toward the offender and yourself.
4. **The Deepening Phase.** During the final phase of forgiveness, you will further decrease the negative emotions associated with the injustice. You may find meaning in the experiences, and recognize ways in which you have grown as a result.



For more information please contact Sure Steps  
Counselling on 01 6354882 or  
[surestepscounselling@dubsimon.ie](mailto:surestepscounselling@dubsimon.ie)







# Friday Showcase

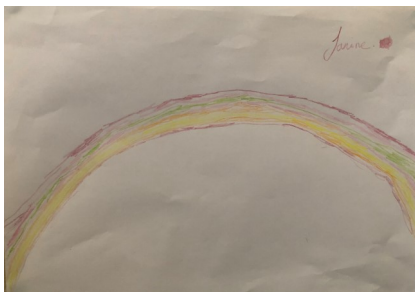
Thanks to everyone who got in touch with us this week! This weeks showcase includes pictures of rainbows created by clients, volunteers and staff as part of the #HoldFirm campaign. We also have pictures of a wonderful cat, Benny, sent in to put a smile on our faces!



## #HoldFirm

The rainbow has become a bright symbol of hope and support during the COVID-19 pandemic. The #HoldFirm campaign aims to acknowledge and encourage the effort made by everyone in Ireland to stay safe and protect each other. We want to paint Dublin Simon Community with rainbows to lift our spirits and show support!

**It is not too late to create a rainbow as part of the #HoldFirm campaign. Please share your rainbows with us at [cd@dubsimon.ie](mailto:cd@dubsimon.ie)!**



Benny is the loyal friend and good housecat of Justin.

Justin wanted to share these pictures because Benny brightens up Justin's day when he's feeling low. Justin hopes he brightens up your day too!

