

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 a loving person.

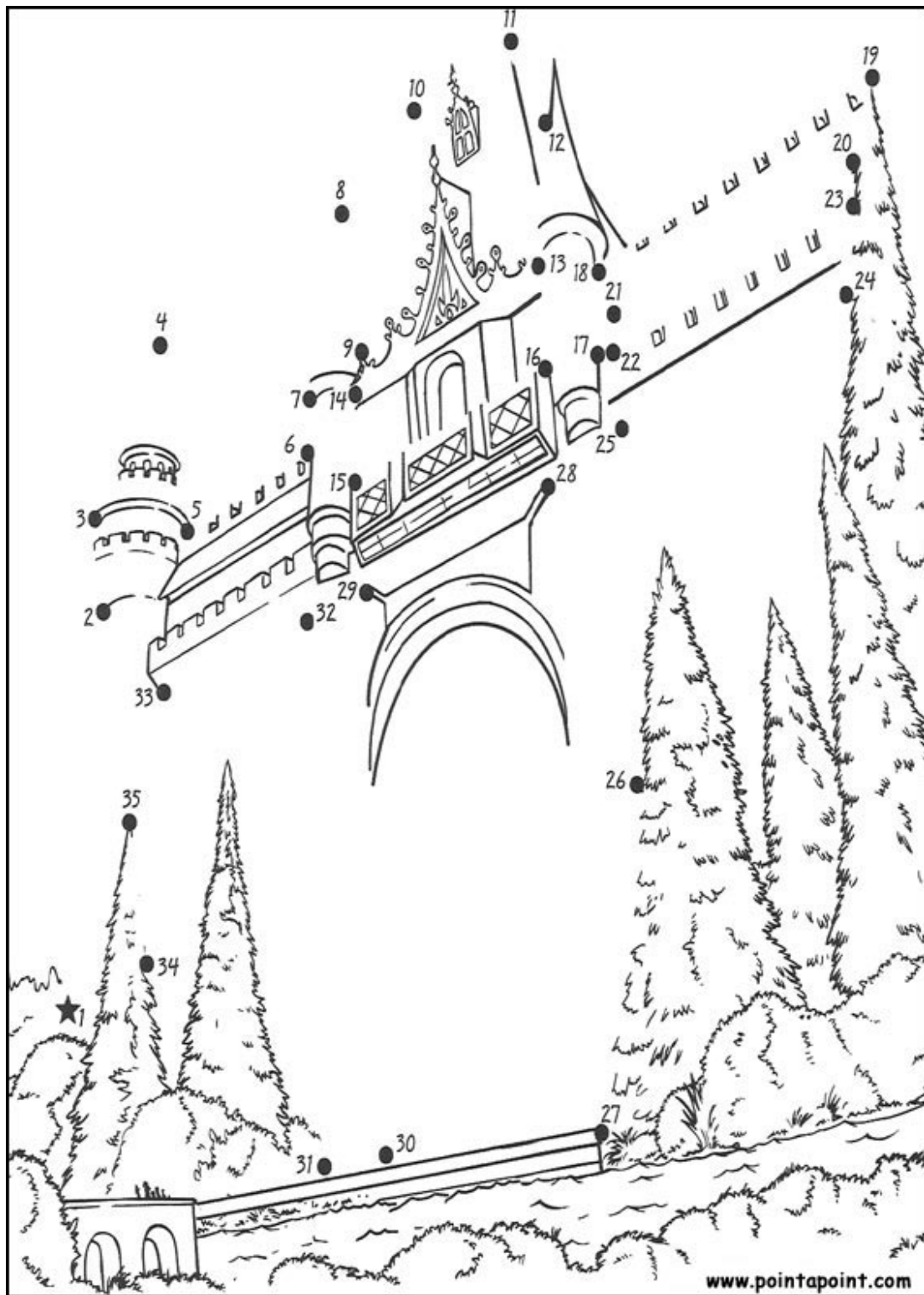
My life purpose can be whatever I choose it to be.



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.

Join the Dots

Use a pencil to connect the numbers, 1 - 37, and finish the picture of the castle.



Dublin
Simon
Community

Alphabet of Coping Skills

Use this alphabet of coping skills from Sure Steps Counselling to help identify and practice coping skills and manage stress and anxiety.

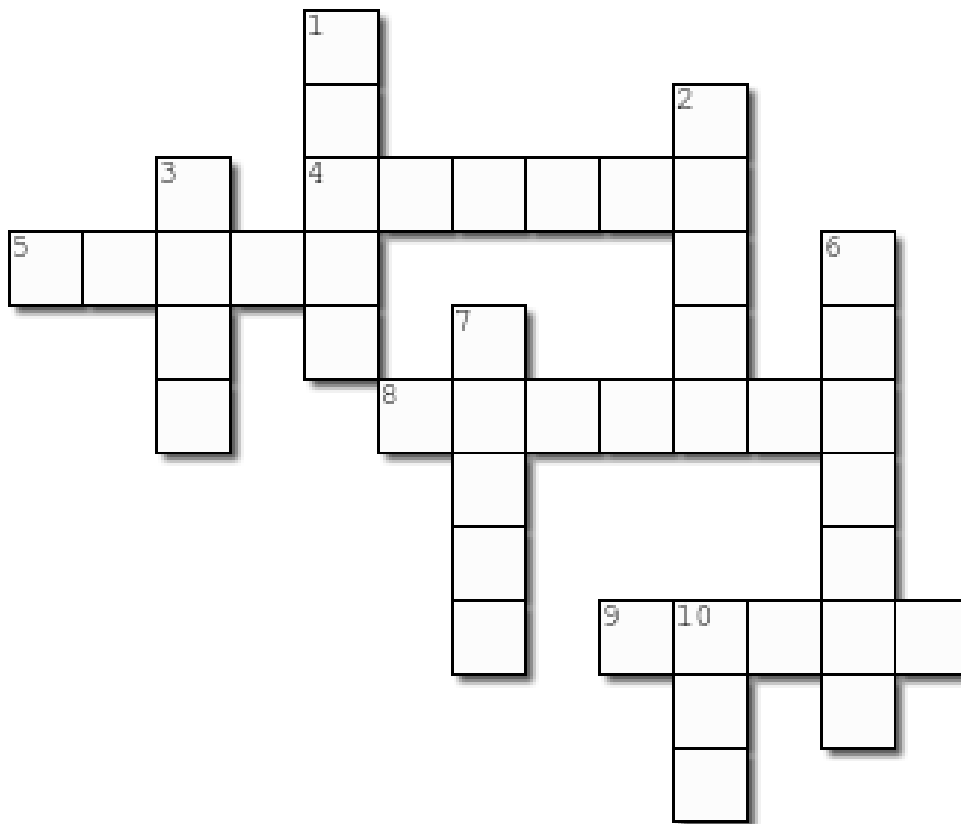


A Ask for help Aromatherapy Art Allow time to think Apologise Artistically express feelings Address the real issue	B Bounce a stress ball Breathe slowly Be attentive	C Count to ten Colour a picture Catch a ball Call a friend Collect thoughts Calming techniques
D Deep breathing Dancing Do push ups Drink water Dress up (play) Discuss feelings Demonstrate self-control	E Eat a snack Exercise Escape the situation	F Find a safe place Find a book to read Filter emotions Find a puzzle to play Free write feelings Follow directions Focus attention elsewhere
G Go to happy place Games Gather thoughts Go to a different room Grow a garden Get help from others	H Help someone else with a problem High jumps Hang out with friends while social distancing Have someone listen to your problem	I "I" statements Identify triggers Instagram pictures Initiate conversation Imagine your safe place
J Jogging on the spot Jot down positive thoughts Jumping Jacks Jumping rope Journaling	K Kick a ball Keep a journal Knitting Kickboxing Keep calm by thinking	L Listen and discuss Laugh Listen to music Lift weights Letter writing Look outside Learn something new

M Make a plan Make silly faces Make food Make a craft Meditate Make a book	N Napping Notes to self Never give up Name something positive	O Offer assistance Organise item of interest Obstacle course Open up Observe a movie Observe surroundings
P Play a game Paint a picture Prepare a healthy meal Phone a friend Play music Practice sport	Q Quiet time Quilting Quickly remove stressor Quiet down Question feelings	R Read Relax Rest Request space
S Sing Sleep Send a letter Stretch muscles Sit in the sun Speak up Stop and listen	T Talk to a friend Take time by yourself Take a walk Take a hot shower Take deep breaths Talk it out Talk with a Counsellor	U Use a work out video Undertake a project Unwind Utilise support system Use tools Utilise resources/coping skills
V View TV Visualise calm space Verbalise emotions effectively Video games Vent feelings	W Watch a movie Write poetry Walk outside Workout Write feelings/thoughts Write a letter	X X-ray your feelings
Y Yell into a pillow Yoga Yodel Yoyo	Z Zigzag around room Zumba dance Zone out	

Crossword

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



Across

4. Where did the Olympic Games originate?
5. In which Irish county is the Hill of Tara located?
8. Second name of person who painted the Mona Lisa
9. What is the smallest county in Ireland?

Down

1. How many legs does a spider have?
2. How many colours in a rainbow?
3. What is a baby elephant called?
6. In what college is the Book of Kells on display?
7. What city is the Eiffel Tower located in?
10. Which kind of tree does an acorn come from?

Friday Showcase!

This weeks showcase includes more pictures of the amazing animals that are keeping your spirits up. Also, it is fantastic to see more rainbows in the community! Please do share your art, colouring, poetry and photography with us by emailing cd@dubsimon.ie.

Justin visited the Blessington Basin and saw a swan with signets!



William sent in a video of a cat who visited him during the weekend. Here is a still from the video. Thanks William!



Rita drew this gorgeous rainbow as part of the #HoldFirm campaign.



Oak House drew some rainbows as part of the #HoldFirm campaign. Mark had the idea of painting the glass over the door and a group in Oak helped with this. It is amazing to see the effort everyone is making to lift spirits by creating these beautiful rainbows.

