

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 deserve to be celebrated,
I will stand tall in my talents and allow
people to see me.**

**I was not made to shrink,
I am worthy of being seen.**



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.

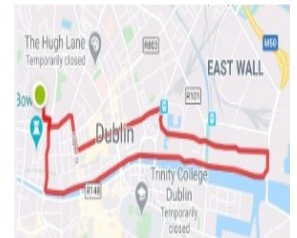
Health & Wellbeing Marathon in May!

In May, Health and Wellbeing clients took part in a virtual marathon. The group ran, walked and hiked every part of Dublin city and beyond, all while staying inside their 5km radius. Clients sent us some great photos of Dublin landmarks they spotted while they were taking part. Do you recognise any?





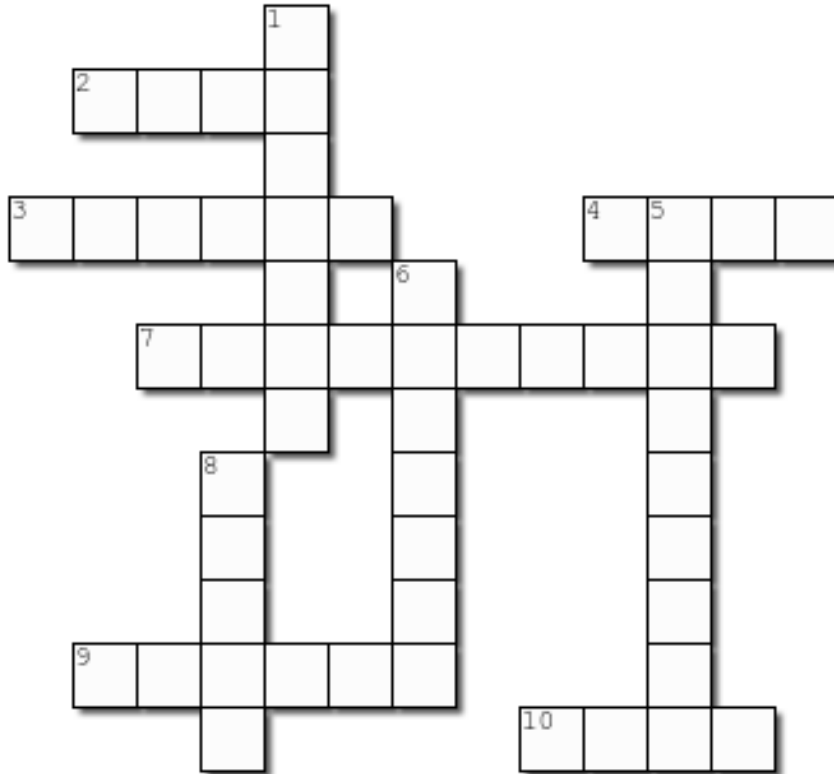
The 7 runners covered a huge 365km since the 11th of May. This brilliant effort gave the group a focus and a goal while preserving and improving physical and mental health during lockdown.



If you would like to get involved in any Health and Wellbeing activities please contact JT on 0861304320 or cd@dubsimon.ie

Crossword

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



Down

1. What planet is closest to the sun?
5. What is the capital of Sweden?
6. What is the tallest animal on earth?
8. Name of famous Dublin band that sang 'This Is'.

Across

2. How many sides has a pentagon?
3. Where did the food 'tacos' originate?
4. Name the largest continent.
7. Second name of Irish professional golfer.
9. What colour forms when you mix red and yellow?
10. What is a 10 cent coin called in America?