

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 Tuesday and Friday. Remember to pick up your copy! We hope you find it helpful.

Contents:

Word Search.....	Page 1
Sanity Savers - Free Online Learning....	Page 2
Mindfulness Colouring.....	Page 3
Friday Showcase!.....	Page 4

Daily Affirmation;

**I am standing in my truth and
I am choosing joy.
I am deserving of a life that is rooted in
meaning and contentment.**



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.

Pop Stars Word Search

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

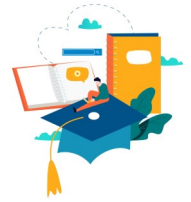
f	c	n	r	k	y	a	r	s	e	b	e	w	n	b
e	m	a	d	i	n	l	q	z	r	o	i	k	a	e
a	c	y	d	n	h	a	i	i	w	j	w	l	j	y
e	k	n	o	e	m	a	t	x	p	c	o	q	a	o
e	g	d	i	b	l	n	n	g	b	w	b	h	l	n
z	a	p	a	r	e	e	e	n	e	l	v	i	s	c
m	u	i	o	y	p	b	e	s	a	y	y	k	w	e
i	f	n	w	y	a	r	t	b	y	o	r	r	p	b
g	t	k	d	m	h	x	s	y	h	o	g	b	t	o
v	p	l	o	w	q	h	g	m	j	q	c	v	l	g
s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

adele rihanna springsteen bowie elvis

beyonce bjork pink cher prince

britney madonna prince shakira sinatra

Sanity Saver Suggestions!



Free Online Learning

We have put together a list of educational websites and apps for anyone who would like to continue their learning journey. If you would like more information about these services or need support with education, please contact Client Development.

Websites

National Adult Literacy Agency, Learn with NALA (<https://www.nala.ie/free-courses/learn-with-nala/>): Distance Learning Service where you can study online by yourself or work with a tutor over the phone. QQI Level 2 and 3 courses are available in reading, writing, technology, personal decision making and more.

Foundations Project (<https://padlet.com/jamesquinn/tcsqb5ujsp3kezwh>): Online resource where you can access some learning materials on courses including photography, beginner's and improver's English, positive psychology, use of email and healthy living.

Open Learn (go to: <https://www.open.edu/openlearn/free-courses/full-catalogue>): website offering free courses in health, sports, psychology, history and the arts, languages, money and businesses and more. You can download the content to access offline.

Apps for phone

Duolingo - app can be downloaded on your smart phone for free. App helps you learn a language with daily words and games. There are 36 languages to choose from.

Khan Academy - app can be downloaded on androids. It has over 10,000 videos along with lessons and courses. Subjects include maths, science, physics, economics, and many others.



Client Development offer literacy classes over the phone. We also provide support with CV writing and employment and education guidance. Contact us today at cd@dubsimon.ie to find out more.



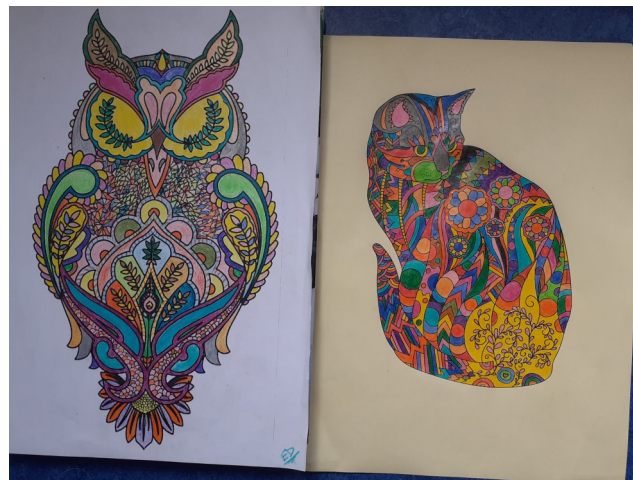
Friday Showcase

This week's showcase includes wonderful mindfulness colouring, fantastic photography, and a funny meme. Thanks you to those who shared their photos with us. Please keep your photos, creative writing, artwork, memes and suggestions coming to cd@dubsimon.ie!

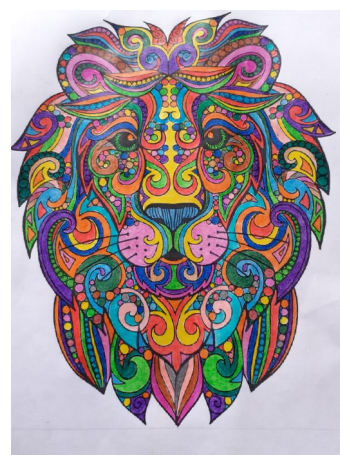
Benny is chilling out and relaxing, and so should you. Thanks for sending in this photo and meme, Justin.



Why are the annoying servants staying in my home all day now?



The Owl and the Pussycat, from Ed. Along with a very striking lion. Thanks Ed!



William spotted these gorgeous birds. We think they are a robin and a coal tit. Have you spotted any feathered friends recently?

