

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 fully capable of achieving my goals,
pursuing my passion and nurturing my heart's
desires.**



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.

Crack the Code

Each letter has an assigned number. Use the code to fill in a fun fact about the brain.

a	b	c	d	e	f	g	h	i	j
2	11	22	6	12	24	5	19	7	16

k	l	m	n	o	p	q	r	s	t
8	10	1	14	25	4	20	9	17	23

u	v	w	x	y	z
15	21	3	18	13	26

Our brain...

____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____
11 15 9 14 17 9 25 15 5 19 10 13

____ ____ ____ ____ ____ ____ ____ ____ ____ ____ ____
24 25 15 9 19 15 14 6 9 12 6

____ ____ ____ ____ ____ ____ ____ ____
22 2 10 25 9 7 12 17

____ ____ ____ ____ ____ ____
4 12 9 6 2 13

Bedroom Workout Challenge!

Round 1

- 1 push up, 1 squat
- 2 push up, 1 squats
- 3 push ups, 1 squat
- 4 push ups, 1 squat
- 5 push ups, 1 squat

Then



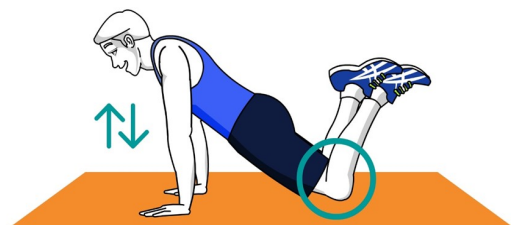
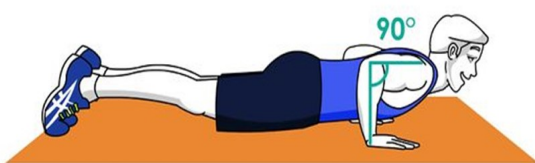
Round 2

- 1 push up, 1 squat
- 1 push up, 2 squats
- 1 push up, 3 squats
- 1 push up, 4 squats
- 1 push up, 5 squats

Complete both rounds as fast as possible while maintaining a focus on good technique.

How to perform the bodyweight squat;

- Set your feet shoulder-width apart
- Slowly bend at the knees and drop your hips to lower your body
- At the bottom strongly push back up to the starting position
- Keep your weight on your heels throughout the exercise



How to perform a push up;

- Images to the left show 2 different options for push ups
- Choose whichever one feels best for you



10 Minutes to Reflect on Your Day...

By reflecting on your day you are thinking carefully about what happened and how it made you feel. Reflective practice can help you develop creative thinking skills and process your feelings. Your reflections are just for you! You don't need to share them with anyone else unless you want to. Draw or write your answers below.

Date: _____

One thing you saw;

One thing you heard;

One thing you tasted;

One thing you felt;

One thing you laughed about;

One thing you worked on;

One thing you appreciated;

Friday Showcase!

This week's showcase includes a super cute meme of a lamb, photos of some gardening, mindfulness colouring and an inspirational quote. We love receiving photos that show us what you have been doing and what is giving you a laugh, please do keep sharing your photos with us by emailing them to cd@dubsimon.ie.

Matthew sent us in this meme. It definitely put a smile on our faces. Thanks Matthew!



Thanks William for sharing these pictures of your plants. They are gorgeous!



Ed sent us this great quote by Bil Keane;
*"Yesterday's the past, tomorrow's the future, but today is a gift.
That's why it's called the present."*

Ed continues to inspire us with these colourful and incredibly detailed mindfulness colouring sheets.

