

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.

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Positive Affirmation;

*Though these times are difficult, they
are only a short phase of my life.*



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.

Summer Word Search

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

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

beach swimsuit showers holiday hot
 sunglasses popsicle sandcastle hat
picnic tan berries icecream flowers

Match the name of the capital city with the country!

Denmark

Australia

Canada

Norway

Poland

Portugal

Switzerland

Turkey

Peru

Hungary

Finland

Bulgaria

Austria

Helsinki

Warsaw

Bern

Ankara

Lisbon

Ottawa

Canberra

Oslo

Budapest

Copenhagan

Lima

Vienna

Sofia

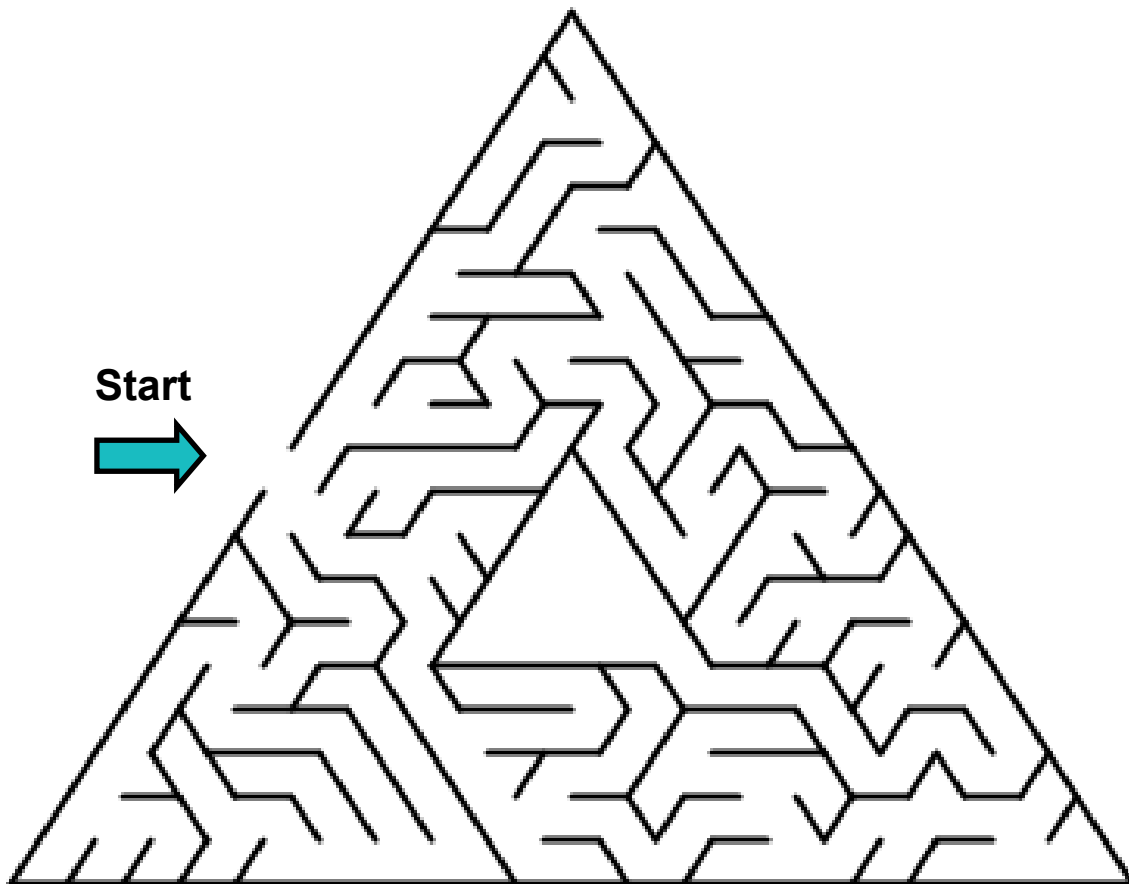


Dublin
Simon
Community

This activity was sent in to us by one of our readers; Ed.
Thanks Ed for the brilliant suggestion!
If you have any ideas for worksheets you would like to see
included please contact us at cd@dubsimon.ie

Maze

Start at the top of the maze where there is a gap. Use a pencil to draw a path through the maze to reach the opening at the centre of the maze.



Deep Breathing

Whether it is daily stress, stress of an unexpected challenge, or stress from a prolonged issue that has not yet been resolved, everyone's body and mind is affected when under such pressures. Deep breathing exercises are a great way to manage your reaction to stress and help your body and mind stay healthy and grounded while you work through your stress. Try these deep breathing exercises to help yourself stay calm and grounded despite the stress you are feeling:

10 Second Breaths

1. Find a comfortable position. Ideally, you want to find a quiet space with little distraction, but this exercise can be performed anywhere as long as you are able to focus.
2. Turn your focus onto your breathing. Feel your chest rise and fall with each breath.
3. When you are ready, take a 10-second count inhale through your nose. Hold for 3 seconds.
4. Exhale through the mouth on a 10-second count. Hold 3 seconds.
5. Repeat this cycle 5-7 times, or until feeling relaxed and grounded.



Belly Breaths

1. Find a comfortable position. Ideally, you want to find a quiet space with little distraction, but this exercise can be performed anywhere as long as you are able to focus. Be sure to have your back straight and your spine in line.
2. Place one hand on your belly, covering your belly button, and one hand on your chest.
3. Inhale through the nose, only allowing the belly to rise. Inhale as much air as you can without your chest moving. Hold for 5 seconds.
4. Exhale through the mouth, using the point of the belly button to force the air up through your airways and out through your mouth.
5. Repeat 2 times, switch hands, then perform 3 more times.

Stay tuned for more breathing techniques in our next activity pack!



For more information please contact Sure Steps
Counselling on 01 6354882 or
surestepscounselling@dubsimon.ie