

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;

I am at peace with all that has happened, is happening, and will happen.

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.



Sudoku

Sudoku 6x6 Puzzles

Each row and column contains all the digits 1 to 6.

1	4	2			5
5	6	3	1	2	4
2					1
4	1		5		
3	2		4	5	6
6			2	1	

6			1	3	
	5	3			2
2	6		3		4
		1	2		6
	2		5	6	
5	1	6		2	3

Match these animals with their baby animal names!

The first one is done for you.

Cat

Pup

Dog

Hoglet

Lion

Calf

Elephant

Fawn

Swan

Foal

Horse

Cub

Fish

Kitten

Hedgehog

Fry

Goat

Joey

Deer

Kid

Kangaroo

Cygnets



This activity was sent in to us from 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

Movies Word Search

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

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

alien casablanca jaws titanic fargo
 inception rocky thor goodfellas
 avatar drive tron vertigo heat

Self-Care Assessment Part 1

Self-care activities are the things you do to maintain good health and improve well-being. You'll find that many of these activities are things you already do as part of your normal routine.

In this assessment you will think about how frequently, or how well, you are performing different self-care activities. The goal of this assessment is to help you learn about your self-care needs by spotting patterns and recognising areas of your life that need more attention.

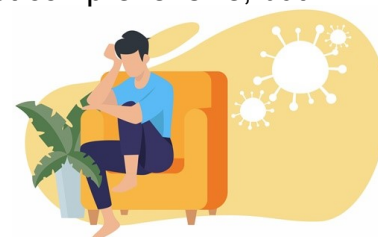
There are no right or wrong answers on this assessment. There may be activities that you have no interest in, and other activities may not be included. This list is not comprehensive, but serves as a starting point for thinking about your self-care needs.

1 = I do this poorly / I do this rarely or not at all

2 = I do this ok / I do this sometimes

3 = I do this well / I do this often

✓ = I would like to improve this / I would like to do this more frequently



Physical Self-Care	1	2	3	✓
Eat regularly				
Take care of personal hygiene				
Exercise				
Participate in fun activities (for example; walking, dancing, singing)				
Get enough sleep				
Go to preventative medical appointments (for example; check ups)				
Overall physical self-care				

Psychological/Emotional Self-Care	1	2	3	✓
Participate in hobbies				
Get away from distractions (for example; phone, social media)				
Express my feelings in a healthy way (for example; talking, creating art, journaling)				
Recognise my own strength and achievements				
Do something comforting (for example; re-watch a favourite movie)				
Find reasons to laugh				
Talk about my problems				

Save this page as in our next Activity Pack we will give you the 2nd and final part of the assessment.



For more information please contact Sure Steps
Counselling on 01 6354882 or
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