

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

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Positive Affirmation;

**I am courageous and I stand up
for myself.**

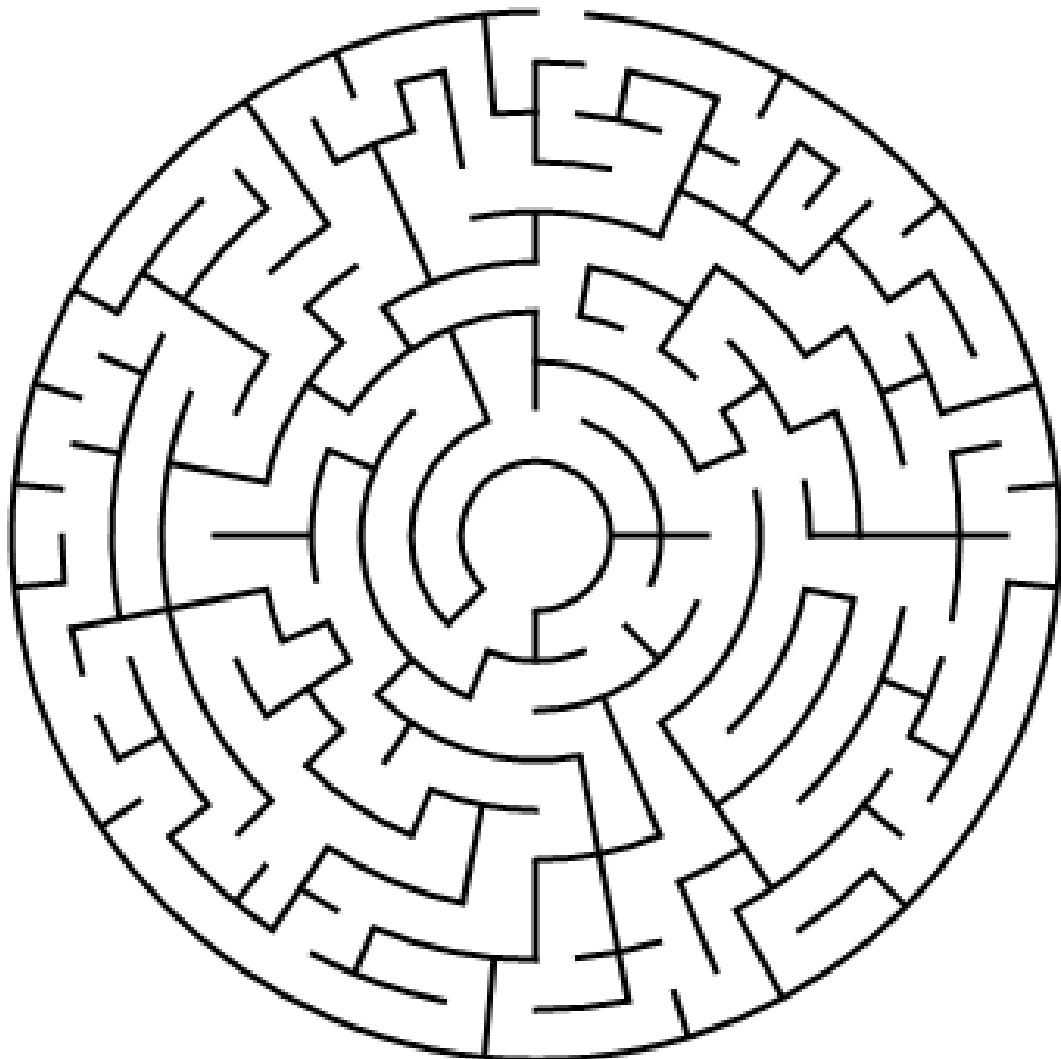


Client Development would love to hear your feedback! Tell us what you would like to see more of in these activity packs. Send us photos of your activities and we will include them in the next issue. Contact us by email at cd@dubsimon.ie.

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.

Start



Motivational Quotes

This week we wanted to share some quotes that we find inspiring. Please send us some of your favourite quotes and we can add them into the activity packs!

Start where you are. Use what you have. Do what you can.

- Arthur Ashe

It's not whether you get knocked down, it's whether you get up.

- Vince Lombardi

Failure will never overtake me if my determination to succeed is strong enough.

- Og Mandino

We may encounter many defeats but we must not be defeated.

- Maya Angelou

One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals.

- Michelle Obama

Change your thoughts and you change your world

- Norman Vincent Peale

With the new day comes new strength and new thoughts

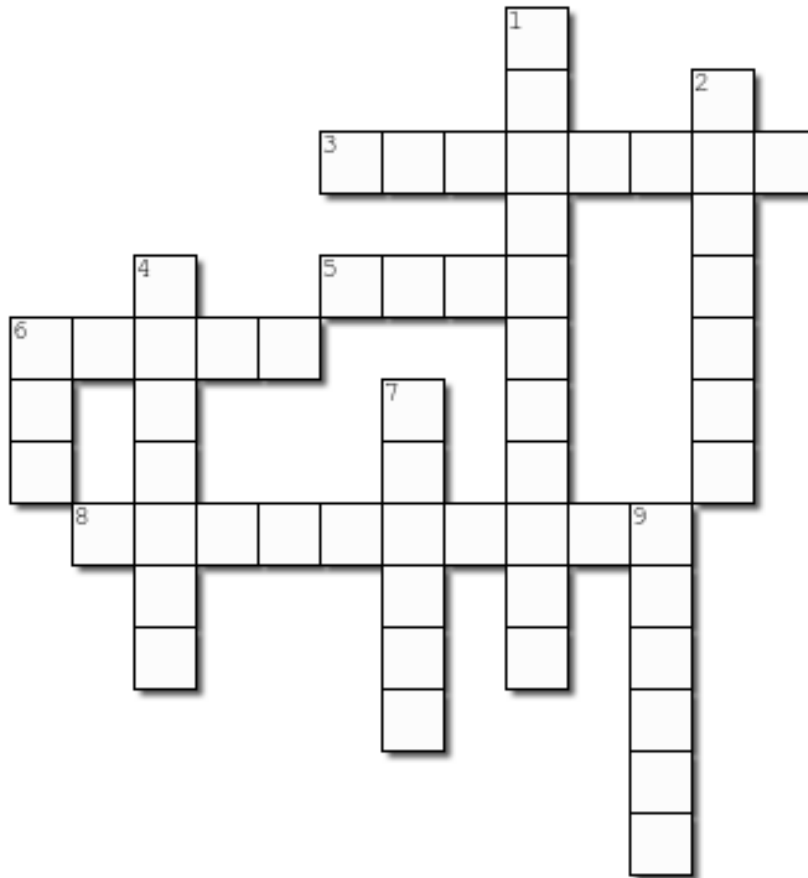
- Eleanor Roosevelt

I know where I's going and I know the truth, and I don't have to be what you want me to be. I'm free to be what I want.

- Muhammad Ali

Crossword

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



Across

3. How many players are on a rugby team?
5. What is the human body's largest organ?
6. Name of animal with ivory horn.
8. Name of fairy in Peter Pan.

Down

1. Where do the Simpsons live?
2. Name of smallest planet in our solar system.
4. First name of the famous playwright, Shakespeare.
6. What is the colour of the circle on the Japanese flag?
7. What is the hottest continent on earth?
9. In what city would you find Big Ben?

Active Mindfulness

Mindfulness is non-judgmental, purposeful attention to the present moment. It is the act of staying present in the moment. In other words, mindfulness is the act of keeping your mind here, in the present, instead of letting it wander. Mindfulness teaches us to observe our thoughts. Mindfully noticing our thoughts can be looked at as the first step in recognising the connection between our thoughts and our feelings or our behaviours, and also as a way to minimise the impact of negative emotions attached to harmful or anxious thoughts.



Before You Begin

- ⇒ Decide on an activity that you can perform during your active mindfulness practice. This can be anything, really, but choose an activity that is fairly simple in order to give your mind the space it needs to be present in the moment. The activity you choose should be something that can be performed slowly and with a great deal of awareness. Examples of active mindfulness include: washing the dishes, taking a shower, or a slow walk. Be sure that any activity you choose is something that can be done safely!
- ⇒ Begin the activity you have planned. Allow yourself a minute or two to ease yourself into your practice. Simply observe what you notice about your experience in the present moment. Are there any internal sensations that you are having? Are there any external sensations? Where is your mind? Notice where your thoughts are, acknowledge this, and begin to actively bring them back to the present moment.

Getting Started

- ⇒ Bring your attention to what you are doing in the present moment. For example, if you have chosen to walk, bring your attention to all of the physical sensations of walking. Notice as you lift one foot in the air and feel each muscle and tendon as you swing that leg forward. Bring your attention to the pad of your foot as it touches down on the ground. What part of your foot touches the ground first? What does the sensation of the weight of your body feel like coming down on your foot? On your leg? On your hip? What is happening to the other foot? At what point does the heel of your other foot come off the ground? What is happening to your hands and your arms? What does the contrast feel like between the left and the right side of your body at any given moment?
- ⇒ As you keep your attention on the physical sensations of the activity of your choice, remember to notice where your thoughts are. When your thoughts move away from the present moment - and they will - acknowledge this and simply bring them back to the moment. Notice if emotions are attached to those thoughts, but do not get engaged in those feelings; simply notice them as if you would notice clouds in the sky and gently bring your focus back to your activity and the present moment.



For more information please contact Sure Steps
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