# 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**;

When chaos is all around me, the wisest choice is to create peace within myself.

My peace shines outward and supports the creation of a new harmony.



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.



## Creative Writing Exercise

#### Write a poem or short story following this prompt:

Who are your childhood heroes? How have they contributed, directly and indirectly, to shaping the person you are today?

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## Sudoku

#### Sudoku 9x9 Puzzle

Each row and column contains all the digits 1 to 9.

Each 3x3 sub grid also contains all the digits 1 to 9.

| 1 | 4 |   | 5 | 9 | 6 | 3 |   | 8 |
|---|---|---|---|---|---|---|---|---|
| 3 |   | 6 | 8 |   | 4 |   |   | 2 |
| 5 |   | 9 |   | 7 |   | 4 |   |   |
|   |   | 1 |   | 8 | 9 | 7 | 2 |   |
| 7 | 3 |   | 2 | 5 | 1 | 8 | 6 | 9 |
| 2 | 9 | 8 |   |   | 3 | 1 | 5 | 4 |
|   |   | 3 |   | 4 | 7 | 2 |   | 5 |
| 8 |   |   |   | 3 | 5 | 6 |   | 1 |
|   | 6 |   |   | 2 | 8 | 9 | 3 | 7 |





### 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 end of the maze.



