

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 wake up today with strength in my
heart and clarity in my mind.**



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.

Walking Challenge!

- ⇒ Step outside
- ⇒ Set your watch or alarm for 5 minutes
- ⇒ Walk as far and as fast as you can for 5 minutes. Remember to social distance with anyone you meet
- ⇒ Make a note of where you finish in 5 minutes. Rest for 1 minute and then walk back to your starting point as fast a possible
- ⇒ You can increase this time and distance little by little every few days
- ⇒ This is a great way to get out and get some air, work your lungs and heart and boost your immune system
- ⇒ Why not take a selfie while taking part in our walking challenge and share it with the Health and Wellbeing team at cd@dubsimon.ie



Autumn Word Search

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

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

acorn chilly Halloween rain fall

red yellow orange leaves hay

chestnuts harvest pumpkin sweater



Dublin Castle Emoji Challenge!

This emoji challenge has been brought to you by the Education Team in Dublin Castle. Look at the emoji's to figure out the popular Irish treats! Send your answers to cd@dubsimon.ie. Good luck!

Favourite Irish Treats

1. 🎤 🇦🇪 🇮🇪 🦌
2. 🍵 👣
3. 🥛 🥚
4. 🔑 😲
5. 🧔 👦 🍫
6. 🧑🎤 🎸 🥁 🖐️
7. 🍷
8. 🌹 🌹
9. 🇩🇪 🍋 🇨🇭
10. 🍫 🔍 👁️
11. 🍍 🍓 🍉 🥗
12. 🌑 🛏️ 💭

*going for the
goals*

THIS YEAR, I WANT TO:

I'LL ACHIEVE THIS BY:

I MIGHT NEED A LITTLE HELP WITH:

I KNOW I CAN COMPLETE THIS BY THIS DATE:

let's do this!