

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.

Contents:

Crack the Code.....	Page 1
Daily Reflections.....	Page 2
Mindfulness Colouring.....	Page 3
Creative Writing Brainstorm.....	Page 4

Positive Affirmation;

**A river of compassion washes away my
anger and replaces it with love.**



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.

Crack the Code

Each letter has an assigned number. Use the code to write out the quote about Autumn, by the poet William Cullen Bryant.

a	b	c	d	e	f	g	h	i	j
2	7	1	10	20	8	14	11	18	25

k	l	m	n	o	p	q	r	s	t
16	3	5	12	19	21	9	24	15	26

u	v	w	x	y	z
22	4	13	17	6	23



Autumn...

_____ , _____
 26 11 20 6 20 2 24 15

_____ ,
 3 2 15 26

 3 19 4 20 3 18 20 15 26

 15 5 18 3 20



Daily Reflections

Where am I now?

Where do I want to be?

What are the important things I need to focus on?

What are the important things that need action today?

Anything worth achieving requires a few steps, what are my steps today?

What positive emotions will assist me?





NAME:

Creative Writing Brainstorm

Stories connect us with the world, because each of us has a unique story of our own.

Using the suggested prompts, write about a meaningful or significant experience you've had and turn it into a story.



Possible Topics:

- Your proudest moment
- A memorable trip
- The time you conquered a challenge
- A big event

Answer the following questions in 2-3 sentences:

How does the story begin?

Where and when did this happen?

What caused the event to happen?

How did you feel during or after the event?

Why is this story significant to you?
