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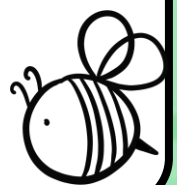
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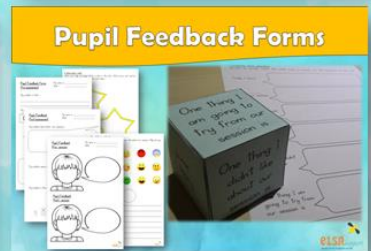


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INDIVIDUAL/GROUP Planning sheet

Session:

Name(S):

Date:

Learning outcomes for session:

Resources needed:

Welcome and emotions check-in:

Warm up:

Review of previous session:

Core activity:

Relaxation/mindfulness:

Review of session:

INDIVIDUAL/GROUP Planning sheet

Session: *Number of the session 1,2,3 etc*

Name: *Name(S) of the pupil*

Date:

Learning outcomes for session: *What is the learning objective for this session?*

Resources needed: *What do you need for this session?*

Welcome and emotions check-in: *How do the pupil(s) feel today and why?*

Warm up: *Unrelated game or warm up to break the ice*

Review of previous session: *What did they learn last time? Have they used their new skill? Any comments thoughts? Remind pupils what they did last time.*

Core activity: *What we are doing today*

Relaxation/mindfulness: *Mindful or relaxation exercise to get ready for class*

Review of session: *What did you learn today? How will you use this skill?*

