Session planning template

| **Session Step** | **Time** | **Facilitator Instructions** |
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| Opening Circle | 5 Minutes |  |
| Review | 5 minutes |  |
| **Warm-up Activity/Energizer**  **Choose from Energizers or create your own.** | 10 minutes |  |
| Explanation and Discussion | 5 minutes |  |
| Challenge Activity  Use an Activity Guide from the from the Activity Box | 30 minutes |  |
| Sharing and Takeaway  Note: If a challenge activity was chosen from the activity guide, this section will also be included. | 10 minutes |  |
| Review | 5 minutes |  |
| Closing Circle | 5 minutes |  |