

Session Planning Template



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Session Step	Time	Facilitator Instructions
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	