**ELSA Planning sheet**

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| Individual/group Planning sheet |
| Session: Name(s):Date: |
| Learning outcome for session:  |
| Resources needed:  |
| Welcome and emotions check-in: |
| Warm-up: |
| Review of previous session: |
| Core activity:  |
| Relaxation/mindfulness task:  |
| Review of session:  |
| ELSA review of session and next steps:  |