**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: |