

Learning Plan: Session 9

Time Allotment: 3.0 hours (180 minutes)

Time		References	Did It Work?		If no, what needed to be changed?
			Yes	No	
mins Objective: Activity:	Session Overview - Review Learning Logs from last class (Session 7 & 8) - Review Learning Plan	Session 7 & 8 Participant Learning Logs Session 9 Learning Plan			
mins Objective: Activity:	Making Sense of the Senses - Review 8 basic senses: taste, smell, auditory, visual, tactile, vestibular, proprioceptive, interoception - Review difference between Hyperactive vs. Hypoactive Sense Stores - Review Audio Sensory Processing Problems and the Sounds Therapy done of The Listening Centre in Toronto - Explain Startle Response - Overview statements of sensory irregularities	PowerPoint Session IX-R-1 (slides 2-3) CCS Textbook (pgs. 153-154) (slides 4-5) CCS Textbook (pg. 155) (slide 6) (slide 6-7)			
mins Objective: Activity:	Overview most often irregular sense stores: - Proprioception - Demonstrate proprioception by sitting down on chair without looking or with eyes closed, touch nose with finger and extend to meet other finger on other hand. Have group participate. - Tactile - Vestibular - Demonstrate vestibular by balancing on one foot, then other with eyes closed. Have group participate.	PowerPoint Session IX-R-1 (slides 8-9) (slides 10-11) (slides 12-13)			

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mins Objective: Activity:	Complete Screening for Sensory Irregularities Tool Have groups break up into their planning groups and complete the sensory screening tool.	CCS Textbook (pgs. 156-164)			
mins Objective: Activity:	Review Conclusions - Sensory Processing and Integration Summary - Useful Equipment	PowerPoint Session IX-R1 (slides 14-15)			
mins Objective: Activity:	Complete the Wellbeing Facilitation Plan-Needs Area #6 Have participants break up into planning groups and complete Needs Area #6	Wellbeing Facilitation Plan			
mins Objective: Activity:	BREAK				
mins Objective: Activity:	Preventing and Managing Physical and Emotional Suffering - Review equation $\text{Suffering} = \text{Pain} \times \text{Resistance}$ - Review the approach of “divide and conquer” behind the workings of B-FIT Mindfulness - If available, a braided rope is a great visual to explain divide and conquer. - Explain that the energy that is the source of resistance in finite- it will eventually “burst” “fizzle out” or “fall off”.	CCS Textbook (pgs. 272-275)			

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	Explain during B-FIT Mindfulness, we redeploy our conscious energy 100% into studying the form and movement of pain (location, form, intensity etc)				
mins Objective: Activity:	Understanding Resistance Review B-FIT and how each component of B-FIT are the energy sources of resistance, therefore quite possibly the source of alleviating suffering	CCS Textbook (pg. 275)			
mins Objective: Activity:	B-FIT Mindfulness Exercise #5- Preventing and Managing Pain to Reduce Suffering - To assist with this experience, participants can be encouraged to use a walnut or small stone and place in underneath their sits bone. - Lead the participants through the exercise for 25-30 minutes.	CCS Textbook (pgs. 276-277)			
mins Objective: Activity:	The Path to Awakening- Bret Story - Read “Waking Up- O’Natural- Bret’s Story” - Read Reflection on Waking Up to Meaning, Purpose and Heart	CCS Textbook (pgs. 351-352) (pg. 353)			
mins Objective: Activity:	Meaning, Purpose and Heart- A Self Reflection - Have each participant complete the self-reflection. - Afterwards reflect that this self-reflection can help identify areas of personal growth and development. Encourage that participants choose three areas to focus on to grow and	CCS Textbook (pgs. 341-351) (pgs. 347-349)			

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	build their Heart Health in the work they do.				
mins Objective: Activity:	Living What We Learn - Read summary listed under Living What You Learn - Review Mindful Happiness Is Experienced 'Now' While...	CCS Textbook (pg.354) (pg. 355-357)			
10 mins Objective: Activity:	Session Preparation and Learning Log - Review readings and homework found on Session 9 Learning Plan - Have each participant complete the Session 9 Learning Log	Session 9 Learning Log			