

Class 4 Learning Plans

<i>Group Process</i>		<i>Resources</i>
1.	Session Overview	
2.	Human Energy System – A Need for Building, Balancing and Protection	Power Point – Class 4-Res.1 Handout Textbook pages 140–152
3.	EMF – Dirty Electricity and Radio Wave Radiation (e.g. Wi-Fi) Demonstrations	N/A
4.	Complete the Well-being Facilitation Plan – Needs Area #5	Textbook page 44
5.	Mindful and Compassionate Emotional Self-Regulation: Five Stages of Development	Textbook pages 222–223
6.	Our Human Predicament – Optional	Textbook page 296
7.	Cognitive Bias	Textbook pages 219–220
8.	B-FIT Mindfulness Exercise # 6 – Healing Compassion Practice	Textbook pages 277–278
9.	Stress Inducers and Reducers (reference 16 – 33).	Textbook pages 171–173
10.	Intentional and Intuitive Skills	Textbook pages 336–340

Session Follow-up and Preparation:

- Read CCS Text Book Pages (referenced above)
- Mindfulness Practice – 15 minutes x 5 sessions weekly

Group Process		Resources
1.	Session Overview	
2.	- Making Sense of the Senses - Screening for Sensory Irregularities Tool	Power Point – Class 4-Res.2 Handout Resource – Class 4-Res.3 Handout Textbook pages 156–164
3.	Complete the Well-being Facilitation Plan – Needs #6	Textbook page 45
4.	Stress Inducers and Reducers (reference 34 – 45)	Textbook pages 174–175
5.	Need #7 – Environmental Supporters’ Accommodations, Behaviour (ABA Learning), Social Interactions and Contributing to Others’ Well-being	Textbook pages 165–168
6.	Preventing and Managing Physical and Emotional Suffering	Textbook pages 272–275
7.	B-FIT Mindfulness Exercise # 5 – Preventing and Managing Pain to Reduce or Relieve Suffering	Textbook pages 276–277
8.	How Mindfulness Accomplishes Radical Change to PFP	Textbook page 358
9.	The Path to Awakening – Bret Story	Textbook pages 351–352
10.	- Summary – The Five Stage CCS Process - Ben’s Story	Power Point – Class 4-Res.4 Handout Textbook pages 391–396 Textbook pages 392–393
11.	Living What You Learn	Textbook pages 354–357
12.	Walk the Dual Path – Do Our Part	Textbook pages 427–428
13.	Session Preparation and Learning Log	Survey Monkey

Session Follow-up and Preparation:

- Review all Resources
- Read CCS Text Book pages referenced above
- Mindfulness Practice – 20 minutes x 5 sessions weekly