

Session IX Learning Plan

<i>Group Process</i>		<i>Resources</i>
1.	Session Overview	
2.	Making Sense of the Senses Screening for Sensory Irregularities Tool	Power Point – Ses.IX-R-1 Handout Resource – Ses.IX-R-2 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.	The Path to Awakening – Bret Story	Textbook Pages 351 - 352
6.	Meaning, Purpose and Heart – Exceptional Support Professional Already	Textbook Pages 341 – 351
7.	Living What You Learn	Textbook Pages 354 – 357
8.	Session Preparation and Learning Log	SurveyMonkey

Session Follow-up and Preparation:

- Review all Resources
- Read CCS Text Book pages referenced above
- Mindfulness Practice – 15 minutes x 5 sessions each week