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Session Plan

Week number:
Date:
Time:
Venue:

Aim:

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Welcome (Headspace and Containment):

Group agreement (Headspace and Containment):

Circle time (Headspace and Containment):

Breathing and regulation (Regulation and Relaxation):

Watching and Wondering (Head, Heart and Hands):

Loving touch (Head, Heart and Hands):

A "gift" or "bag of ideas" (Developmental Knowledge):

Creative Relaxation (Regulation and Relaxation)

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Try this at home (Head, Heart and Hands)

Brief recap of session and see you next time (Headspace and Containment)

**REFLECTIVE PRACTICE:** (complete after each session):

1. What went really well in today's session?

2. What seemed really hard in today's session?

3. What feelings/reactions did I notice among parent/carer and child pairs?

4. How well did I contain the group - what changes are needed?

5. How well did I support Reflective Functioning (RF) in the group - any changes needed?

6. Any thoughts or ideas to take forward?

7. Any concerns about parent, carer or child? (NB. Please follow your child protection policy and any other relevant policies and protocols).

8. Any points or worries to discuss with my mentor?

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