

# SESSION PLAN

## Recreation Therapy

### Information

Date:

Staff:

Group Goals:

- 1.
- 2.
- 3.

### Materials Needed

### Safety Planning

### Process

Warm up:

Time:

Briefing:

Time:

Activity:

Time:

Cool-Down:

Time:

Total  
Time:

### Debrief

1. Connect (what):

2. Reflect (so what):

3. Apply (now what):