



Sample EAL Session “Take it or Leave It” COASTER Model

Check-in	In small groups, how do you feel on the animal scale? Any needs to address based on check in?
Opening	Review safety expectations. Identify objective of session--to practice social skills, identify personal strengths in self and others & work cooperatively to complete tasks
Activity	Typically done in small groups while partnering with an animal, modified activity is for demo purpose with large group. In previously selected small groups, visit identified stations around the room. At each station, look at all words available and pick one word that positively describes you as a facilitator. As you explore each station you will need to decide do you want to “take it or leave it” trading out words with each other or the stack. You may only have one word to carry along as you explore the activity. Talk amongst yourselves, feel free to make suggestions to group mates!
Shift	Total group pause. How is this going so far? Too much/too little time at each station? Finding words that describe you? YOU MAY ONLY HAVE ONE WORD AT THE END OF THE ACTIVITY. Check in with your small group peers. Do you want to continue on or circle back to revisit a station to get a word that now appeals to you.
Try again	Continue on with station exploration, including any agreed upon modifications identified during the shift/pause.
Evaluation	Lot of people in a small space with limited time, and no animals. Lots to unpack from a facilitator’s perspective! Overall emotional regulation of the group should be considered in order to be ready to guide the reflection.
Reflect	Options for processing: <ul style="list-style-type: none"> • What did you observe about yourself during the activity? • What did you observe about peers in your group? Whole group? Facilitators? • When you had the chance to shift things did it make a difference? In what ways? • What personal skills were you able to use successfully? What was hard about this activity? Did you know if you needed help, or how to ask for help? • Based on this experience, what goal would you like to set for yourself for the next session?