**Snapshot Moment Planning Sheet**

**Topic: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Things that happened in the moment:

1.

2.

3.

4.

5.

6.

Emotions I felt What did the emotions look like?

Sensory Details (smell, touch, taste, sound, sight)

Places where I could slow time down:

1.

2.