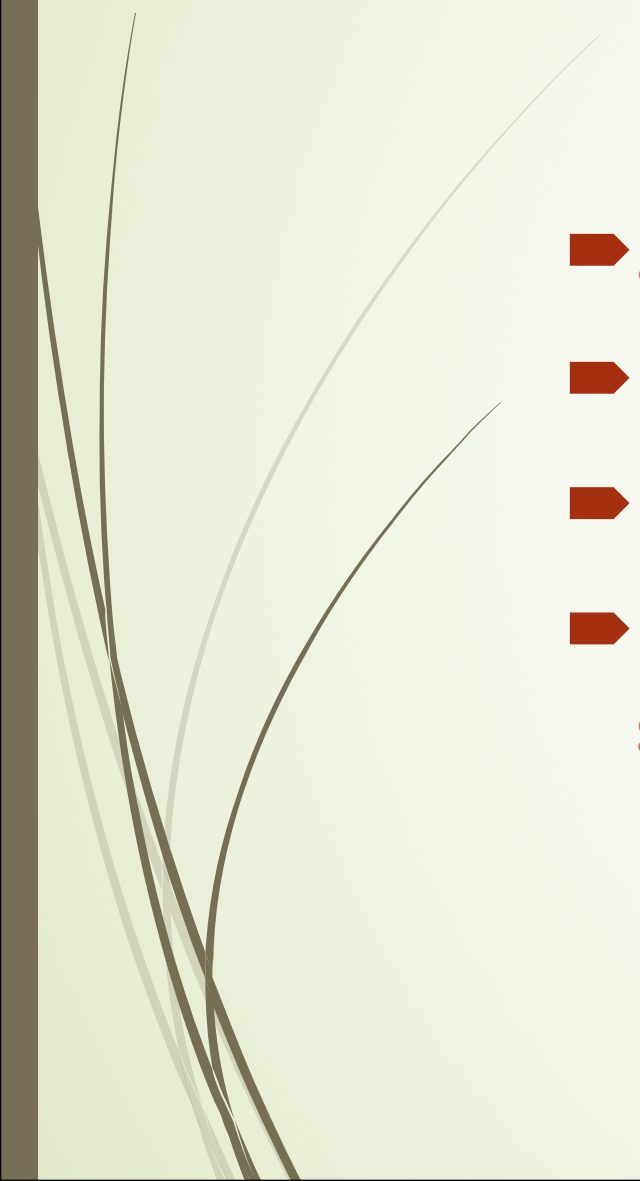




FREQUENT MISTAKES IN PLANNING



POOR PLANNING OF TIME

- Actual exercise 1-2 minutes.
 - Beginning leader 5 minutes.
 - Process of activity 10-20 minutes.
 - Sample plan 10-15 minutes dyad (too long), supposedly 3-5 minutes only.
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POOR PLANNING OF THE FLOW OF THE SESSION

- Good plan has reasonable order or flow.
- Exercise that are not related to each other.
- Arrange the topics or exercise in a sequence that less beneficial.