



OPAL CLASS 'TAP ALONG AUDIO' NOTES:

PRIOR TO LISTENING TO THIS TAP ALONG AUDIO, TAKE A MOMENT TO FIND SOMETHING YOU CAN TAP ON AS YOU TAP ALONG TO THIS CLASS RECORDING!

Class number _____ TITLE _____

Key notes from this lesson:

1. .
2. .
3. .
4. .
5. .
6. .

What did this bring up or remind you of?

The EGO story/Phrase:

When

Who

Did or didn't / say or do

The SUDs level on this story: (0-10)

Tap then retest what's your second SUDs level score)?