



## CoP Exercise

**Activity Title:** “GoDARN”

**Developed By:** GJ 2015 “The Misfits”

**Skill Practiced:** Change Talk

**Time Frame:** 20 minutes

### **Activity Objective**

- Focus hearing and responding to change talk

### **Necessary Materials, Equipment, Handouts**

- Deck of playing cards
  - D= want, like, wish (Diamonds)**
  - A= can, could, have (Clubs)**
  - R= if, then (Hearts)**
  - N= need, have to, go to (Spades)**

### **Facilitator Instructions**

- Dealer deals 4 cards to each player, remaining cards are the ‘picking pile’
- The first player to go asks another player for DARN by using a statement that draws out Desire, Ability, Reasons, or Need.
- If that player is unable to respond to the statement based on their hand they say “Go DARN” and draw a card from the ‘picking pile’
- You win once you have collected two sets of DARN

### **Additional Notes**