



## EPIC – Evidence-Based Practices Implementation for Capacity

# CoP Exercise

**Activity Title:** "Tossing the OAR"

**Developed By:** GJ 2015 "The Ratt Pack"

**Skill Practiced:** OAR

**Time Frame:** 20 minutes

### **Activity Objective**

- Practice OAR with speed and accuracy

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

- Ball (Soft nerf type ball)
- "I don't really know anyone that doesn't use, and there's really nothing else to do in this town. It's not like I'm hurting anyone though. I guess if there were other things to do and people to hang out with it may be easier for me to quit. If I were able to quit I think my girlfriend would be a lot happier. At least I'd be able to get a good job and take care of her and my kids." – Jamie

### **Facilitator Instructions**

- Discuss the "Jamie" narrative (make copies and hand them out or make a poster that everyone can see.)
- Make a circle in the room, one person has the ball
- First person with the ball starts with an open question regarding the "Jamie" statement above
- After they ask the open question they toss the ball to another player who will reply with an affirmation
- That player then tosses the ball to another player who will reply with a reflection
- Each player only has 5 seconds to respond or the game starts over and the player not able to make the reply is out
- The last two players standing are the winners

### **Additional Notes**