

## **Worksheet 4.4.6: OARS Practice**

Role play is one of the best ways to practice OARS as it is like learning a new language.

As a group or in pairs think up a difficult scenario in which you might have used OARS to open up a conversation with Edi. Take it in turns to be the carer and respond to Edi using OARS remembering that pauses are powerful and plenty of reflections and affirmations.

### ***Open questions***

Imagine how Edi might respond before coming up with affirmations and reflections.

Affirmations

Reflections

Summary