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