

## Conversation Catch: Ball Toss and Talk

### Requirements

Soft ball or beanbag

Index cards (optional, with conversation starters)

### Instructions

**Introduction (5 minutes):** Begin by explaining to the client that today's activity will focus on improving conversational skills through a fun game involving a ball toss. Briefly discuss the importance of active listening, taking turns speaking, and staying on topic.

**Warm-up Toss (5 minutes):** Start by simply tossing the ball or beanbag back and forth. This allows the client to get comfortable with the physical aspect of the activity before adding the conversational element. Encourage gentle tosses and catches.

**Conversation Starters (15 minutes):** Introduce the conversational element. You can either use the index cards with pre-written conversation starters or come up with topics spontaneously. Before each toss, either read a question from a card or state a topic. The person catching the ball is then responsible for answering the question or elaborating on the topic. Examples of conversation starters could include: "What is your favorite hobby?" "Tell me about a time you felt proud of yourself." "What's your favorite book or movie and why?" "What is something you are looking forward to?" "Describe your perfect day."

**Active Listening and Turn-Taking:** Emphasize the importance of active listening. Encourage the client to make eye contact, nod, and respond appropriately to what the other person is saying. Remind the client to take turns speaking and avoid interrupting. Prompt with: "Remember to really listen to what [name] is saying before you answer!"

**Wrap-up (5 minutes):** Conclude the activity by summarizing what was discussed and providing positive reinforcement for the client's participation and effort in practicing their conversational skills. Ask the client what they learned or enjoyed about the activity.