

Activity Name

Conversation Starters Ball Toss

Requirements

Soft ball

Permanent marker

Instructions

**Prepare the Ball:** Using the permanent marker, write a variety of conversation starters on the soft ball. Examples include:

"What is your favorite hobby?"

"What is your favorite food?"

"If you could travel anywhere, where would you go?"

"What is your favorite animal?"

"What did you do this past weekend?"

"What is your favorite book/movie?"

"Tell me about your best friend."

"What makes you happy?"

"What is something you are good at?"

**Explain the Activity:** Tell the client that you'll be tossing the ball back and forth. When they catch the ball, they should look at the conversation starter closest to their right thumb and answer the question. After they answer, they can then ask the same question to you.

**Start Tossing:** Begin tossing the ball to the client. Ensure the tosses are gentle and easy to catch.

**Facilitate Conversation:** After the client answers the question, prompt them to ask you the same question.

Model appropriate responses and encourage them to elaborate or ask follow-up questions to your response to further facilitate the conversation.

**Continue the Activity:** Continue tossing the ball back and forth for the duration of the activity.

**Wrap-up:** Towards the end of the 30-minute session, begin to wrap up the activity by letting the client know that soon this activity will end, in about five minutes. Provide positive reinforcement throughout and at the end of the activity, praising the client's conversational skills and participation.