Walking through OFNR in a Tough Moment (roleplay practice)

First, we will demo a quick contrast roleplay (jackal/giraffe)

Then we will practice! (roleplay)

Volunteer 1:
the one seeking help

Take a scenario card

Read the scenario card

and if you'd like, act out the scene - in brief

Volunteer 2:
the one helping

👀 **Observation**
What happened without interpretation?

❤️ **Feelings + 🎉 Needs (Self)**
What am I feeling and needing?

❤️ **Feelings + 🎉 Needs (Other)**
What might they be feeling and needing?

🎯 **Request/Choose**
you can:

- reflect what your heard
- make a request
- set a boundary
- get backup
- get curious
- or something else