

“Saved by the Bell”

Instructions:

Participants form two teams to get the competition going. The two teams stand-up and form two lines facing each other. Participants take turns facing-off with an opponent from the other team (similar to Family Feud or Name That Tune face-offs). One facilitator asks an MI trivia question and who ever rings the bell (or some type of buzzer) gets to answer the question. If that person answers correctly, their team gets a point. If they answer incorrectly, the opposing team (the next person in line from the opposing team) gets a chance to answer it. After the first face-off, those participants go to the end of the line and the next two participants face-off. You can continue to this for several rounds so each person gets to face-off with an opposing team member several times.

To mix it up a little, you can provide each team with cards that would allow them to have one “team consult” and one “ask the person behind you” option in case the person who rings the bell is unable to answer the question. Each team can only use these two cards once throughout the game.

The trivia questions range from simple to difficult and consist of questions such as “What does OARS stand for?” and “Name one strategy to elicit Change Talk.” Some of the MI trivia questions ask participants to change closed-ended questions to open questions etc. The facilitators coach and elicit why these skills are helpful as the questions are answered as part of the learning...kind of like facilitating an MI coaching circle.

The game should be fast-paced and lively while the facilitators emphasize this as friendly competition. It is highly suggested that prizes be given to the winning team.