**“The Rant”**

The rant is a great activity when clients are resistant, “system stancing”, angry and/or frustrated. It is helpful in allowing the group to “blow off steam” in a structured activity.

Ask for 4 to 5 volunteers. The four volunteers stand up in front of the group with their backs to the group. The clinician tells the group that the “rant” is going to be focused on \_\_\_\_\_\_\_\_\_\_(any topic can be used for “The Rant”).

The clinician says “go” and one person turns around to “rant” about the selected topic. When another one of the four people wants to jump into the “rant”, they turn around and start “ranting” and the person that was “ranting” turns their back to the group.

Before the 4 to 5 person group starts the “rant”, encourage the group to “rant” as much as they can and say whatever they want to say. The purpose of the exercise is to “let it out”. Encourage the group to go as long as they can.

If a group member who is not a part of the “rant” group wants to jump in, they just go up to a person who is a part of the “rant” group and tap their shoulder. The person in the “rant” group then must go sit down.