

“The Pour Game”

This activity is designed to increase awareness about how much alcohol constitutes a standard drink. The activity is a great ice breaker and provides an opportunity for discussion and learning. It is helpful to emphasize this activity will **simulate** pouring an alcoholic drink and it may be triggering for some students/participants in recovery from a substance use disorder. It may be necessary to take a moment to assure everyone that the intent of the activity is not to re-create a “bar or party atmosphere” but to demonstrate there are misconceptions about what constitutes a standard drink.

What you need:

- 1 large pitcher of water with a few drops of food coloring
- 1 or 2 wine glasses
- Beer glasses (1 large/1 small)
- 1 or 2 short glasses, martini glasses and/or other mixed drink glasses
- Incentives to participate (candy, pen, highlighter marker, small amount gift card)
- Measuring cup that shows measurement in ounces

Directions: On a table at the front of the room, set up the empty glasses. Ask three to five volunteers to come to the front of the room to pour a drink (each volunteer fills one of the glasses on the table with the colored water from the pitcher). Based on the glass the participant pours the water in, ask what type of drink they are simulating pouring—a beer, a glass of wine or a mixed drink.

Once the volunteers have poured their “drinks,” ask the class to review each type of drink and the amount that constitutes a standard drink for each. Participants are asked to measure their pours using the measuring cup at the table and share if they poured a standard drink.

Discussion: Inevitably, participants will over pour at least one drink and be surprised about this. Influences on the pour such as the size of the glass, the desire to see the glass be full or even that they were socializing and not paying attention are discussed. This activity can be an opportunity to highlight the importance of reviewing what constitutes a standard drink prior to questioning clients about the amount of alcohol they use. Resources such as posters and pocket cards are reviewed as potential tools to use in the client setting.

