

They Melt in Your Mouth, But . . .

Purpose: To help students get to know each other better.

Required Resources: Bags of M & M's or Skittles

1. As students to take a small handful of M&M's from a bowl. Indicate that from that handful, they should pick out their four favorite colors and hold them aside. They can eat the others while they wait for the session to begin or hold them for a snack later.

2. Review the guidelines for the activity:

- They are to find another person that they do not know who has one of the same color M&M's.
- When they find that person, they are to share their answers to the corresponding question on the list and eat the candy. The teacher will notify them when they are to change - usually after 2 - 3 minutes.
- They cannot use the same person for two colors.
- The objective is to meet four people and eat all of your candy in a 20-minute period.

3. Conclude the activity by facilitating a discussion on useful things they learned and how this exercise helps build respect.

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| Red | What is your favorite thing to do in your spare time? |
| Yellow | What was your best vacation? |
| Brown | What are your favorite stores to shop in? |
| Orange | What have been your three favorite movies? |
| Green | What is the scariest thing you have done? |
| Blue | What are you most proud of? |
| Light Brown | What advice would you give a new student to our school? |

Directions for students: Find a person who has the same color candy as you do and then discuss your answers to the corresponding question list above. After the discussion period, you may eat the candy. Allow three minutes for the discussion and then move on to another person and another color. Your goal is to meet four people, answer four questions and eat four pieces of candy.