

M&M and Skittles Icebreaker

DESCRIPTION: This icebreaker uses candy to bring people together! Participants pick different colored candy (M&M's or Skittles) and based on the color, answer a question about themselves to share with the group.

SUPPLIES NEEDED:

- 1) Halloween/Single size bags of M&M's or Skittles
- 2) Printouts with directions for each color candy
 - <http://creativeeverafter.blogspot.ie> (M&Ms printout)
 - <http://smithinfifth.blogspot.com> (Skittles printout)
 - Or create your own using these suggestions:
 - A favorite food or restaurant
 - A favorite book, movie or TV show
 - A favorite summer activity/A favorite summer activity
 - Something you couldn't live without
 - Something you do well/Something you want to improve on
 - Something that makes you happy/sad/angry/thankful
- 3) Space to break out in to groups of 3-5 people (with tables is preferred).

HOW IT WORKS:

- 1) HIDE the printouts until step #5. Do not let participants see the instructions before they pick candy colors.
- 2) Break participants into small groups of 3-5 people.
- 3) Have each participant take a small bag of M&M's or Skittles (or pour 20-30 small candy pieces on to the table) - instruct them to not eat them!
- 4) Ask each participant to pick 2 – 4 different pieces of candy – each a different color (the number you choose is based on the time you have for the activity) and set pieces in front of them.
- 5) Pass out direction sheets for the candy you chose (shown below, or make your own).
- 6) Have participants take turns sharing info based on color candy in front of them.
- 7) EAT THE CANDY!

marvelous me

Tell the table about yourself based on which color m&m you pull out of your bag

