



# CANDY QUEST

## *Purpose & Focus*

Participants gather information about one another, increase open communication, and identify areas of change or improvement. Then the group helps one another think of ways to make those changes.

## *Participants*

Any number of participants.

## *Time Allotment*

15 – 30 Minutes

## *Activity Level*

Low

## **MATERIALS**

- Snack size bags of small multi-color candies

## *Preparations*

- It may be necessary to adjust the colors to accommodate the colors of the candy being provided.

## *Method*

- Distribute one or two packs of candy to each participant.
- Have each member to sort their candies by color with instructions not to eat them.
- Ask each member to pick a color and tell how many they have of that color (i.e., two greens). Ask them to give that many responses to the following questions:
  - Green: Positive words to describe yourself
  - Purple: Ways you have fun
  - Orange: Things you would like to change to improve yourself or family
  - Red: Things you worry about
  - Yellow: Good things about the people you love

## *Discussion*

- Did you learn anything new about a peer?
- Were any of the questions fun to answer?
- Were any of the questions uncomfortable to answer?