

Well-being Skittles



Encourage and practice kindness through a playful activity that can help people of all ages understand the importance of being considerate and compassionate in various situations.



Learning Intentions

Understanding the Importance of Kindness

Students will learn about the significance of kindness and how even small acts of consideration can have a profound impact on others, fostering a more compassionate and supportive community.

Reflecting on Personal Experiences of Kindness

Students will engage in self-reflection by sharing personal stories of kindness, either received or given, helping them recognise and appreciate the role of kindness in their lives.

Encouraging the Practice of Kindness in Daily Life

Students will be encouraged to think about and commit to practising kindness in their daily interactions, understanding that their actions can contribute to a positive and caring environment.



Success Criteria

Meaningful Participation in Sharing

Students actively participate by thoughtfully sharing stories or reflections that correspond to the colour of their Skittles, demonstrating an understanding of the different aspects of kindness.

Engagement in Group Discussion

Students engage in the group discussion at the end of the game, contributing to and reflecting on how each act of kindness shared during the game can inspire others and themselves to be more kind.

Commitment to Practising Kindness

Students express a commitment to performing at least one act of kindness in the days following the game, showing their willingness to apply the lessons learned and create a positive ripple effect in their community.



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Supplies Needed:

A bag of Skittles or, as an alternative, M&Ms (if using M&Ms, substitute brown for the purple Skittles)

Objective:

Encourage and practice kindness through a playful activity that can help people of all ages understand the importance of being considerate and compassionate in various situations.

Why Kindness Matters:

Kindness can transform the world into a better place—one smile, one held door, one shared crayon at a time. It creates a ripple effect, with even the most minor acts making a significant impact. It's about being helpful and considerate without expecting anything in return.

Game Flow:

Distribution: Each player can take one, two or three different coloured Skittles from the bowl.

Sharing Kindness:

- Each player takes turns to share a story or a thought. Correspond the colour of the Skittle to a theme of kindness:
 - **Red:** Share a time when someone's kindness made you feel loved.
 - **Orange:** Talk about a moment you helped someone and how it made you feel.
 - **Yellow:** Describe an act of kindness you observed that brightened someone's day.
 - **Green:** Reflect on a time you had to be kind to someone who was not kind to you.
 - **Purple (or Brown if using M&Ms):** Think of a way you can show kindness tomorrow.

Reflection and Reward:

- After sharing, the player may eat the Skittle.
- Encourage reflection on the shared experiences.

Continuation: The game continues until all players have shared each colour.



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Alternative Option:

If some players do not like Skittles, you can use stickers or coloured tokens corresponding to the Skittles colours.

Game Conclusion:

Conclude the game with a discussion about how each act of kindness, no matter how small, contributes to a better community and world. Encourage the children to commit to one act of kindness each day.

Note: Always check for allergies or dietary restrictions before playing this game with food items.

