

WELL-BEING SKITTLES

Kindness Game

Well-being Skittles

Instructions

Objective:

To promote kindness and empathy through sharing personal stories and thoughts linked to the colours of Skittles or M&Ms.

Players:

Suitable for all ages, ideal for group settings.

Materials:


- A bag of Skittles or M&Ms.
- A bowl for distribution.

Setup:

Place the Skittles or M&Ms in a bowl for players to draw from.

Gameplay:


- Each player takes 1-3 Skittles/M&Ms of different colors.
- Players share stories or thoughts based on the colour of their candy:
 - Red: A time when kindness made them feel loved.
 - Orange: Reflecting on helping someone.
 - Yellow: Observing an act of kindness.
 - Green: Being kind in the face of unkindness.
 - Purple/Brown: Planning a future act of kindness.

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- After sharing, players can eat their candy.
 - The game continues until all colours have been discussed by each player.

Winning the Game:

The focus is on fostering kindness and empathy rather than on winning.

Variations:

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- Use stickers or tokens for those who prefer not to eat candy.
 - Adapt themes to suit different group dynamics or settings.

Additional Notes:

Well-being Skittles: Kindness Game is a thoughtful way to encourage discussions about kindness, with each colour sparking a different aspect of compassionate behaviour.

Download the video to share [HERE](#).

