

# Well-being Skittles



**Well-being Skittles is a playful, reflective activity designed to encourage kindness and compassion in our everyday lives. By linking the colours of Skittles to themes of kindness, family members get to share personal experiences and thoughts and commit to making a positive difference—one little act at a time.**



## Family Objects

### **Understanding the Importance of Kindness:**

Family members will explore why kindness matters, recognising that even the smallest act of consideration can brighten someone's day and build a more caring home.

### **Reflecting on Personal Experiences of Kindness:**

Everyone will have a chance to share stories about moments when kindness made a difference—whether it was received or given—helping us appreciate these special interactions.

### **Encouraging Daily Acts of Kindness:**

By sharing our experiences, we'll inspire each other to practice kindness every day, creating a ripple effect of care and compassion throughout our family.



## Success Milestones

### **Meaningful Participation in Sharing:**

Family members actively share thoughtful stories or reflections that match the colour themes of the Skittles, demonstrating a clear understanding of different aspects of kindness.

### **Engagement in Group Discussion:**

Everyone listens and contributes during group discussions, reflecting on how each act of kindness can inspire us to be even more caring in our daily lives.

### **Commitment to Practising Kindness:**

Each person expresses a promise to perform at least one act of kindness in the days following the game, showing their readiness to put these positive lessons into action.



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## Objective:

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## Players:

Perfect for individuals or groups, this game is ideal for family gatherings, classrooms, or community events where everyone can share and learn from each other.

## Supplies Needed:

- A bag of Skittles (or M&Ms, with brown used in place of the purple Skittles)
- Alternatively, coloured stickers or tokens can be used if you prefer not to use food items (always check for allergies or dietary restrictions).

## Setup:

### 1. Distribute the Treats:

- Each family member picks one, two, or three different coloured Skittles from the bowl.

### 2. Assign Colour Themes:

- Use the colours of the Skittles to guide the sharing, with each colour representing a different theme of kindness.

## Game Flow:

### 1. Sharing Kindness:

- Take turns sharing a story or thought that matches the theme linked to the colour of your Skittle:
  - **Red:** Share a time when someone's kindness made you feel truly loved.
  - **Orange:** Talk about a moment when you helped someone out and how it made you feel.
  - **Yellow:** Describe an act of kindness you witnessed that really brightened someone's day.
  - **Green:** Reflect on a time when you had to be kind to someone who wasn't exactly kind to you.
  - **Purple (or Brown if using M&Ms):** Think of one way you can show kindness tomorrow.

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## 2. Reflection and Reward:

- After sharing, enjoy your Skittle as a little treat. Use that moment to reflect on the story you just shared and the positive feelings it brings.

## 3. Continuation:

- Continue the game until everyone has had a chance to share for each colour. If you're using tokens or stickers, simply swap them in for the Skittles.

## 4. Group Discussion:

- Wrap up the game with a group chat about how every act of kindness—no matter how small—can make our community (and our family) a better place. Encourage everyone to commit to one act of kindness each day.

### Additional Notes:

Well-being Skittles is more than just a fun game—it's a heartfelt way to remind ourselves that kindness can transform our world, one small act at a time. Whether you're enjoying this activity at home or in a group setting, it's a great opportunity to spread positivity, share a few laughs, and build a more caring environment together. Enjoy the treat and the thoughtful conversations that follow!

