

Skittles

Activities for Discussion, Reflection, Evaluation

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

OBJECTIVES

- To engage in group discussion
- To integrate youth voice and youth leadership into discussions

MATERIALS

- A large bag of Skittles (original)
- Small paper cups or Dixie cups
- Chart paper

SETUP

- Fill a cup for each participant with three different colored Skittles in each cup.
- Create a reflection chart with a different question for each color in the Skittles bag.

INSTRUCTIONS

1. Have participants **circle up** and **distribute** a cup with three Skittles in it to each participant.
2. **Post** the list of prepared reflection questions that are linked to a color of the candy.
3. Ask each participant to go around the circle and each **take turns answering the questions based on the color** of the candy they received.
 - VARIATION ONE: You can repeat this activity by changing the reflection questions.
 - VARIATION TWO: Ask participants to suggest reflection questions by writing a question on an index card and placing it into a bag. Select the best ones to create a participant-informed reflection chart. This is a great way to allow for youth participation and youth voice.
 - VARIATION THREE: Assign participants into groups of four. Have each group create a whole list of reflection questions and facilitate the activity for their peers. This is a great way to allow for youth leadership.

CONTINUED



Skittles continued

SAMPLE

- *Who is a leader you admire?*
- *If you could be best friends with a celebrity, who would you pick?*
- *What is the most disgusting food, in your opinion?*
- *Would you rather have a super-sensitive sense of smell or super-sensitive hearing?*
- *If you were principal of this school, what would you do differently?*

DEBRIEF

- **What was the most interesting question you answered?**
- **Was there a question you did not answer that you would have liked to?**
- **What did you learn about our group/class today?**