



M&M Game

Step-by-Step Instructions:

1. Pass the bag of M&M's around the group and instruct participants to take some. Tell them they can't eat any of them yet! Do not elaborate, this instruction needs to be vague.
2. After the bag has been passed, instruct each participant to tell one thing about him or herself for each piece of candy they have taken.

Tips for Discussion and Processing

This is a very creative and fun way for participants to get to know each other.

Title: M&M Game

Group size: 3 to 20

Time Needed: 15 to 30 minutes
depending on group size

Goal: To provide a creative icebreaker
for the class

Audience: Couples, Parents, Teens,
Children, Singles

Special Considerations: None

Resources Needed:

- ✓ One large bag of M&M's