

<i>Place</i>	Indoors/Outdoors
<i>Players</i>	Any Number
<i>Time</i>	5 Minutes
<i>Energy</i>	Minimal

## M&M® Mentions

*A fun (and tasty!) way to affirm one another, this game is equally well-suited for a group that's recently formed, or for one that's been together for a while.*

### **EQUIPMENT**

- Sufficient number of M&M's® (or some other small candy or snack item) to allow for each person to receive 5-10

### **FORMATION**

Grouped in a random fashion, but close enough to hear the leader's directions.

### **TO PLAY**

Without telling them why, ask participants to take 5 to 10 M&M's®, but NOT to eat them! Once everyone has taken some M&M's®, tell them that they are to mingle around the group, and tell as many different people as they have candies something affirming. After they have encouraged someone, they may pop the corresponding M&M® into their own mouth. What good reinforcement for saying something nice to others!