

M&M Game

Summary: The M&M Game is an icebreaker that allows people to get to know each other. Each person grabs some M&Ms and shares facts about himself or herself.

Ages: All.

Recommend number of people: Groups of 3-12.

Messiness factor: No sweat.

Materials required: A large bag of M&Ms or any candy with multiple colors (Skittles).

M&M Game (icebreaker)

This icebreaker is a simple way to help people introduce facts about themselves. It's very flexible and adaptable - and (if you have a sweet tooth) delicious too! The M&Ms Game goes by other names: the Skittles Game, the Candy Game, the Color Game, among other names.

Setup

Pour M&Ms or any other multicolor candy into a bowl. Have everyone in each group grab as much or as little as they like from the bowl. Make sure that no one eats their candy right away.

How to Play

For each piece of M&M candy they took, they will have to answer a question, depending on its color. For example, you can designate:

- Red candy: favorite hobbies
- Green candy: favorite foods
- Yellow candy: favorite movies
- Orange candy: favorite places to travel
- Brown candy: most memorable or embarrassing moments
- Blue candy: wild cards (they can share anything they choose)

You can be creative and choose any questions you think would be fitting for your group. The facilitator will then call out the color topic and everyone in each group will share 1 answer per M&M. As an example: if you chose two red pieces of candy, you will have to name two of your favorite hobbies. After the individual has shared that color with the group, he/she may then eat their candy. Continue to go around the group until each color topic has been shared.

Extra: You may also switch people or mix up the groups after each question for more diversity.