

# Skittles Game: Kindness



How do you feel when you are kind to other people?



What does kindness look like or sound like?



How could you show kindness to someone you don't know?



When was someone kind to you? How did it feel?



Has someone ever been unkind to you? How did it feel?



## Directions for Skittles Game: Kindness

Randomly hand out Skittles to everyone at the table so everyone has a different color.

If someone has a yellow Skittle, when it's their turn they would answer the yellow question.

Continue a discussion about their answer or help them brainstorm solutions to a problem.

Then the next person would go and answer the question that matches their Skittle color.