

In Living Color

Icebreaker Activity

Directions: Place a bag or two of M&M's inside of a cup. Pass around the cup to each participant and ask them to choose ONE color from the cup. After all participants have chosen a color, display their directions as follows, which correspond to the color they have chosen.

RED

Talk about something or someone you love or are passionate about.

ORANGE

Talk about a successful event in your life.

YELLOW

Talk about something that has brought you great joy in life.

GREEN

Talk about what you would do with a million dollars.

BLUE

Talk about a calming and relaxing place where you would like to be right now.

BROWN

Talk about your strongest point.

Color Meanings:

RED	Passion, Love
ORANGE	Success
YELLOW	Joy, Happiness
GREEN	Money
BLUE	Tranquility, Calm, Relaxation
BROWN	Strength

