

MATES Junior Activity Resource Guide

Goal: Relationship Building

**Activity Type: Individual
or small group**
Relationship Stage: Any

Activity Name:

"M&M Game"

Objective:

For mentor and mentee to share information about themselves using a bag of M&M's

Preparation Time:

A few minutes to choose questions

Activity Duration:

30 minutes

Required Material:

- Small packet of M&M's

Instructions:

- Take turns drawing M&M's out of the packet, and answer a question about yourself depending on the colour.
- Example questions:
 - Yellow: talk about something that makes you happy and why
 - Blue: talk about your favourite holiday – what did you do? Where did you go? Who did you see?
 - Green: talk about your family
 - Brown: talk about an animal that you really like, or an animal that you wish you could own
 - Red: talk about how you met your best friend and why they are your best friend
 - Orange: talk about where you were born and the places you have lived
- Other questions could be:
 - Talk about your most loved possession. What do you love about it?
 - Talk about your biggest strength and your biggest weakness
 - Talk about who you'd like to be, if you could be anyone in the world
 - Talk about the one place you would like to visit most in the world, and why
 - Talk about something you learned today

Further Notes:

- This activity could be done by two or three mentoring pairs together – useful for mentees who are particularly shy and may prefer to be around other mentees than one-on-one