

Building Emotional Intelligence

Icebreaker

M & M Awareness

Give each leader a small cup of M & Ms (approximately 10-15) along with an instruction card (copy the information below to make your instruction cards. Ask them to form two concentric circles (one inside the other).

As they face each other, both share the answer to the first prompt on the card. Then those in the inside circle shift to the right to the next leader and share the answer to the second prompt. They continue moving and sharing until all of their M & Ms are gone. Instruct them to keep sharing with a prompt that matches their remaining colors until all of their M & Ms are gone. Allow 10-20 minutes for this icebreaker depending on the size of your Leaders Council. Be sure they know they can't eat a candy until they finish each prompt!

Prompts for M & M awareness

For a red m&m say one thing that makes you happy.

For a green m&m share one thing that calms you down.

For a yellow m&m describe something that makes you excited.

For a blue m&m tell about your favorite comfort food.

For a brown m&m say one thing that discourages you.

For an orange m&m describe a good choice you made recently.

For a red m&m tell something that makes you excited.

For a green m&m share something that makes you angry.

For a yellow m&m share a place where you love to go.

For a blue m&m describe a poor choice you made recently.

For a brown m&m share your favorite TV show.

For an orange m&m say what you do to relax.