

## The M&M Game

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&M Game goes by other names: The Skittles Game, the Candy Game, the Color Game, among other names.

**Setup** - Pour M&M's or any other multicolor candy into a bowl. Have everyone in the group grab as much or as little as they like from the bowl. Make sure that no one eats their candy right away. Depending on the size of your group it might be best to break up into several smaller groups in order to have the time for everyone to share.

**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 question they choose)

You can be creative and choose any question you think would be fitting for your group. The facilitator will then call out the color topic and everyone will go around the room sharing 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 room until each color topic has been shared.



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