


M & M's*

▶ ABOUT THIS ACTIVITY

 **Time:** 40 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Be energized to participate in the training;
- Get to know each other in more depth.

 **In this activity you will:**

- Ask participants to pass a bowl of M&Ms and to take some. (5 minutes)
- Explain the exercise - participants will introduce themselves by sharing one fact for each M&M they have taken. (5 minutes)
- Participate in the exercise (30 minutes)

 **Materials:**

- M & M's/Skittles
- Bowl

 **Preparation:**

- Put candy in bowl

Instructions

1. Have participants form a circle. Ask participants to pass the bowl and take some M&M's but not eat them yet.
2. Once the bowl has gone around to everyone, introduce the exercise. Explain that each person will introduce themselves by telling one fact about themselves for each M&M that they have. Ask participants to keep the fact very short.
3. Model exercise with trainers sharing information about themselves.
4. Go around the circle with each participant sharing.

Summary

Thank the participants for sharing. Explain that during this training they will learn as much from each other as from the trainers and we look forward to getting to know each other very .

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Comprehensive Peer Worker Training, Peer Advanced Competency Training (PACT) Project Harlem Hospital Center, Division of Infectious Diseases, 2008.