

Well-being Skittles – Levels C and D

GRATITUDE

To encourage kindness and gratitude through a fun game using Skittles (or tokens). Students will share stories of kindness, reflect on their experiences, and commit to practising kindness in their daily lives.



Learning Intentions

Understand kindness:

Students learn to explore and explain why kindness is important and how it can make a positive impact on the world around them.

Reflect on experiences:

Students aim to reflect and share a story of kindness that they have given, received, or observed.

Commit to kindness:

Students plan to think of a way they can show kindness in the future.



Success Criteria

I can share a personal story or reflection linked to the colour of my Skittle.



I can listen respectfully and engage in the group discussion about kindness.

I can choose one act of kindness to practise after the game.



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Duration: 10–15 minutes

Objective

To encourage kindness and gratitude through a fun game using Skittles (or tokens). Students will share stories of kindness, reflect on their experiences, and commit to practising kindness in their daily lives.

Players

- Works well with small groups or whole classes
- Each player should have at least one Skittle (or token) in different colours.

Materials

- A bag of Skittles or M&Ms (substitute brown for purple).
- Bowl to hold the Skittles.
- Optional: Coloured stickers or tokens for a non-food version.

Setup

1. Pour Skittles into a bowl and place it in the centre of the group.
2. Each student takes 1–3 Skittles of different colours.
3. Display the colour theme chart so students know what each Skittle represents.

Gameplay / Activity Steps

Step 1: Introduce the Colour Themes

Explain what each Skittle colour means:

- **Red:** A time when someone's kindness made you feel loved.
- **Orange:** A moment you helped someone and how it made you feel.
- **Yellow:** An act of kindness you saw that brightened someone's day.
- **Green:** A time you were kind to someone who may not have been kind to you.
- **Purple (or Brown):** A way you can show kindness tomorrow.

Step 2: Sharing Stories

- Players take turns choosing a Skittle and sharing a story that matches its colour.
- After sharing, they may eat the Skittle (or keep their token).

Step 3: Continue Rounds

- Continue until everyone has shared for each Skittle colour they picked.
- Encourage thoughtful reflections and celebrate each contribution.

Step 4: Group Reflection

- End with a short group discussion on the ripple effect of kindness.
- Ask each player to commit to one act of kindness they'll do tomorrow.



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Reflection Prompts

- “How did it feel to remember and share a story of kindness?”
- “Why do small acts of kindness matter?”
- “What kindness will you show tomorrow?”

Winning the Game

- There are no winners. Success is when everyone participates, shares openly, and leaves with an intention to show kindness.

Variations

- **Children's Edition:** Use simple prompts (e.g., “Who makes you smile?” “What's something kind you can do at school?”).
- **Non-Food Edition:** Replace Skittles with stickers, tokens, or coloured cards.
- **Classroom Edition:** Create a “Kindness Chart” where students record their commitments.

For Wheelchair Users / Accessibility

- Ensure the Skittles or tokens are passed around so all students can reach them.
- Students may answer verbally, write, or draw their responses.
- Provide visuals (colour chart with symbols) to support understanding.

Notes for Inclusion

- Be mindful of food allergies and provide a safe alternative if needed.
- Allow flexibility: students can **speak, draw, or act out** their answers.
- Reinforce that every act of kindness, no matter how small, is valuable.

