

Sweet Stories

The purpose of this activity is to facilitate introductions among team members who haven't worked together before.

MATERIALS

- A bag of colored candy pieces, such as M&Ms® or Skittles®

VERSION 1 - INSTRUCTIONS

1. Each participant should take one candy.
2. Tell them to refrain from consuming it immediately.
3. Participants should each take a turn sharing a story based on the given color code:
 - Blue candy = a moment of accomplishment at work.
 - Green candy = a former boss whom I had great respect for.
 - Yellow candy = a source of pride within this organization/department.
 - Brown candy = an embarrassing incident at work.
 - Orange candy = a time at work when there was a failure, and the lessons learned from the experience.
 - Red candy = an amusing anecdote that occurred in the workplace.
 - Purple candy = a period of fear experienced while working.
4. Eat the candy.

VERSION 2 - INSTRUCTIONS

1. Each participant will be given a candy of the corresponding color, according to the color code provided.
2. Tell them to refrain from consuming it immediately.
3. Participants will take turns sharing a story based on the selected color.
4. Eat the candy.

LARGE GROUP VARIATION

For larger groups consisting of more than 12 members, divide them into smaller teams of 3-5 individuals. Each team should share their stories from one or more colors. Afterward, they can choose the best story from their team to share with the larger group.

DEBRIEF QUESTIONS TO ASK

- What is the significance of gaining more knowledge about one another?
- How easy or difficult was it to share personal information with others?
- What are some ways we can learn more about each other in the workplace?

TIPS FOR SUCCESS

- Allow participants a brief period of reflection to come up with something to share before starting.
- Additional topics that are more relevant to the work, organization, or special project may be considered.
- The stories can be any type, removing the pressure from individuals to choose the most embarrassing ones.
- Ensure that each person respects the allocated time for their story.
- Include the story color code for easy reference when matching candies to their respective stories.
- You may choose to remove the words "at work" for each color as a way to get to know each other better personally.

Adapted from Miller, Brian Cole. *Quick Team-building Activities for Busy Managers: 50 Exercises That Get Results in Just 15 Minutes*. New York: AMACOM, 2004. Print (page 69)