



PURPOSE

- To cultivate gratitude
- To reduce stress and anxiety

INSTRUCTIONS

Materials

- Instructions for the game
- Candy with multi-colored pieces (Fruit snacks, M & Ms, Skittles), enough servings for each player

Assembly

1. Give each player their serving of candy
2. Print or display instructions so everyone can see

Application

1. For each turn, close your eyes and pick up one piece of candy
2. Open your eyes and look at the color. Following the prompt, name what you are grateful for
3. Continue in a circle until everyone has stated what they are grateful for, then eat.
4. Repeat steps 1-3 as needed

To make it more challenging, you can decide no one is allowed to repeat anyone else's answers

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



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THE GRATEFUL CANDY GAME: COLOR PROMPTS



Erika's Lighthouse

Name _____ that you are grateful for



an object



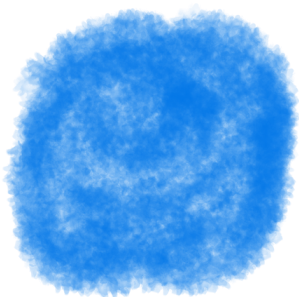
a person



a food



a place



**something that
starts with the
first letter of your
name**



**You pick the
category!**