

# Colors

Type: \_\_\_\_\_ Introductory X Working \_\_\_\_\_ Closing \_\_\_\_\_ Game

**Optimum Group Size:** 5 - 15

**Materials Needed:** Colors list (see below), toothpicks, and crayons

## **Outline of Activity:**

The group facilitators ask each group member to take three crayons (colored toothpicks or colored squares of paper can be substituted) from the pile in the center. After the crayons have been dispersed, the facilitator reads the instructions for each color. The first group member turns in one crayon of his choice, following the instructions for that color. The second group member then follows, using only one of her crayons on that turn. Continue until all crayons have been "used". The number of crayons in the middle should be three times the number of group members. The number of colors available should be kept to no more than five or six, both for memory and simplicity.

## **Sample Colors "Instructions" List:**

- RED: Compliment someone in the circle  
GREEN: Share two positive characteristics about yourself  
YELLOW: Share something positive that has happened to you recently  
BLUE: Name a characteristic, everyone fitting that characteristic must move to a new spot in the circle (characteristic: wearing jeans, born in months beginning with "J", owns a dog, etc.)  
ORANGE: Tell about a special person in your life and why they are important to you  
PURPLE: Get a hug from everyone in the group (This one is higher risk level - may not want to use if done in sessions 1 or 2)

## **Goal:**

Members will feel more comfortable with each other and will have an opportunity to share and have some fun.

## **How to Process:**

Were the activities easy or difficult to share? Why?  
What did you learn about others? About yourself?

**Source or Submitted by:** Unknown