

GROUP BUILDER

JELLY BEAN TIMES

Who knew that jelly beans could spark such interesting discussions with both junior and senior highers?

Before your meeting, buy jelly beans, and sort them so you have one of each color to give every teenager. The colors will represent these emotions: yellow/fear; red/embarrassment; green/envy; blue/sadness; purple/anger; black/loneliness; orange/happiness; pink/love; white/courage.

Give everyone their jelly beans. Begin by having one person choose a jelly bean and share in one minute or less an experience related to that jelly bean color. Then go around the circle and have everyone else share a story related to that emotion. (As leader, you may wish to start each new color experience by sharing your story first.) If a teenager chooses not to tell about an experience, he or she can give that colored jelly bean to another person, and that person must share two experiences.

This activity encourages listening and sharing from the heart, and strengthens emotional ties among the participants.