

Connecting Can Be Sweet!

For this activity you will need a pack of M&Ms (Skittles, or other colored, snackable foods also work). The purpose of this activity is to connect as a family through a fun activity that includes a little treat.

Each family member should take a small handful of M&Ms. Starting with the youngest family member, go around in a circle and answer one question for each M&M you have. The question you answer will be from the color list matching your M&M. After answering the question, eat your M&M.

Blue

What has been the biggest change in your life as a result of COVID-19?

What do you miss most about your day to day life prior to COVID-19?

What have you learned about yourself as a result of the changes in your life caused by COVID-19?

What changes in your day to day are you enjoying in the past couple weeks?

Who do you wish you could see that you aren't able to see right now due to COVID-19?

What feels the weirdest to you about this time period?

Red

If you could have any super power what would it be?

If you could travel to any time in history where and when would you time travel to?

If you could only eat one food for the rest of your life what would it be?

What is the animal you most identify with?

If you could visit anywhere in the world where would you go and why?

What would be the worst animal to have as a pet and why?

What is your ideal breakfast?

Yellow

What are three things you are doing to take care of yourself during this time?

What is one way you are helping reduce COVID-19 risk for you and your family?

What are two things that help you get to sleep?

Share any goals you have for how to want to spend your time this week.

Brown

Name three foods that aren't made better with chocolate syrup, salsa, or Ketchup.

What are three names you would name a goldfish?

If you had to write a book, what would it be about?

If you were famous, what would you be famous for?

What is the best show to binge watch?

If you could start a charity what would it be for?

Green

What are you worried about related to COVID-19?

Has COVID-19 triggered any grief reactions for you? What feels similar and different about this time vs when you were facing the death or serious illness of a significant person?

How do you think your special person would have reacted to this time period?

What are questions you have or things you are confused about related to COVID-19?

Orange

Share a memory about your special person.

Name three emotions you've experienced in grief.

Share about something you learned from your special person

What advice do you think your special person would give you right now about how to cope with this stressful time?

What activity do you wish you could do with your special person during this time?