

## M & M's Gratitude Game

Participants will take turns drawing a single M&M out from their bags of candies (without looking) and, using the following code, they will share something for which they are thankful.

**Red**

Share about a person who made this year an especially good one.

**Green**

Share about a talent you're grateful to have developed this year.

**Orange**

Share about an opportunity you are thankful to have experienced this year.

**Blue**

Share about a hope you have for something new to be enjoyed in the days ahead.

**Yellow**

Share about a challenge you've recently overcome that makes for a brighter future.

**Brown**

Share about a sacrifice you're presently making to promote joy in the coming days.

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