Colored Candy Go Around
Source: Katherine Arkell

Theme: Engagement and Assessment
Recommended Age Range: Six to Sixteen
Treatment Modality: Family, Group

Goals
- Gather information about the client and family/group
- Increase open communication
- Identify areas of change or improvement to be addressed

Materials
- Packs of candy with assorted colors such as SKITTLES® or jelly beans

Description
Distribute 10-15 candies to each group or family member. Have each member sort their candy by color with instructions not to eat them. Ask one member to pick a color and tell how many they have (i.e., two greens). Ask them to give two responses to the following questions or make up ones more relevant for current family/group goals or issues (i.e., anger management, social skills, etc.):

Green: Words to describe self
Purple: Ways you have fun
Orange: Things you'd like to change/improve about yourself or family
Red: Things you worry about
Yellow: Good things about your family

After one person has answered a question, have them choose the next person to answer the same question based on the number of candies that person has. The activity is complete when each person has answered all questions. If a person does not have a particular color candy, they use the number of candies the person who went before them had. Candies can only be eaten after a question is answered.

Be sure each person has the floor when speaking and there is no interrupting or side conversation. Open the floor for discussion after each person has responded to all questions. Possible discussion questions are as follows:

- What did you learn?
- Did anything surprise you?
- How will you work towards making changes/improvements?
Scavenger Hunt
Source: Liana Lowenstein

Theme: Engagement and Assessment
Recommended Age Range: Seven and Up
Treatment Modality: Group

Goals
- Increase group cohesion
- Assess and improve the group member's problem-solving abilities
- Increase open communication

Materials
- List of scavenger hunt items
- Score sheet

Advance Preparation
Develop a list of scavenger hunt items for the group members to collect. The list can be modified, depending on the age of the clients and the issues to be addressed in the session. For example, scavenger hunt items for a group of children dealing with divorce can include: (1) a written definition of divorce, (2) an outline of a hand, (3) five feelings children may have when parents divorce, (4) two people with the same shoe size, (5) words of advice to help children who feel the divorce was their fault, (6) a group of children holding hands and singing a song.

Description
Explain the activity as follows:

“You will be divided into two teams. Each team will get a list of scavenger hunt items. You will have 15 minutes to collect as many items on the list that you can. Some of the items will need to be gathered from around the room, and some of the items will need to be created. Some of the items will require creativity. You will be awarded one point for each item you collect. You will be awarded extra points for teamwork, creativity, and positive behavior.”

A group leader should be assigned to each group to assist with reading and writing and to facilitate appropriate group interaction.

Discussion
This intervention promotes communication regarding divorce, catharsis of feelings, and problem-solving. It encourages creative thinking and open dialogue among group members.
Journaling exercise: Mindfulness of Unpleasant Events

1. Choose an activity that you find unpleasant (e.g. – daily commute, housework, some task that you would prefer to avoid, etc.)

Unpleasant activity ________________________________

2. Engage in the activity mindfully, focusing all your attention on what you are experiencing moment by moment, taking note of:
   • Physical sensations
   • Thoughts
   • Emotions
   • Anything else you notice as you engage in the activity

3. After completing the activity, please reflect on your experience by answering the following questions:

   What, if any, physical sensations did you experience?

   What, if any, thoughts went through your mind?

   What, if any, emotions did you experience?

4. Write down anything else you discovered about engaging in an unpleasant experience.