

# Starbursts

Introductory Lesson

Principle 1: Live Each Day With Courage

Principle 7: Ride For The Brand

**Group Size:**

6+ participants

**Materials:**

\*Bag of Starbursts

\*Starburst signs—as outlined below

— you will have to make your own signs

\*OPTIONAL: use fun size individual bags of M&M's® or Skittles® instead of Starbursts

**Objective:**

Youth will become acquainted with one another and build camaraderie.

## Activity:

1. Have everyone get into a circle.
2. Pass around the bag of Starbursts and have each student take out as many as they want but at least 5 each.
3. After they all have some, pull out the Starburst signs and explain.
  - Each color has a specific discussion topic to be answered.
  - If a student has multiple Starbursts of the same color, they must answer the question that same number of times.
  - NOTE: Students must have AT LEAST two different colors (3 of a kind would just be too easy!)
4. Choose a color, and go around the entire circle before moving onto the next color.
  - Depending on which type of Starbursts you buy, these colors may change; or if you use another type of colored candy ...

- **Red – Name something you like to do**
- **Green – Name a person you admire and why**
- **Orange – Name a food you love**
- **Yellow – Name something you are proud of accomplishing**
- **Purple – Name one goal you have for yourself**
- **Pink – Name a favorite childhood toy**

## Discussion:

- *During the discussion be sure to engage your students as they answer. Ask for clarification, share similar story, etc.*
- Who can tell me of something they had in common with someone else in the circle?
- What was the one thing that you did not know about someone here prior to the activity?
- Did anything surprise you?

## Life Application & Purpose :

- What Principle do you feel you displayed in this activity?
- Any others? Why that one?
- What does that Principle look like in your life?
- Tell me about a time when ...

One of the coolest things about everyone here is that we all have different dreams and goals, yet we can still sit here and find common ground. That's what it's all about! No matter whom you are or where you're from, finding common ground first, before dealing with disagreements and opposing views.