



## Sample Activity from the S.P.A.R.K. Pre-Teen Mentoring Program

### Activity One: See the Rainbow (15 Minutes)

**Activity Focus:** The purpose of this activity is to demonstrate that different thoughts will create different feelings. Also, the more a person focuses on a thought, the more their feeling will intensify. The less a person focuses on a thought, the faster the feeling will weaken and eventually the thought and feeling will pass.

In this activity, the participants will play with the colors of Skittles and test out the different shades of colors. Prior to giving the participants their Skittles and supplies, the facilitator will conduct a brief demonstration to teach the activity focus.

Demonstration:

**Step 1:** The facilitator will show participants a clear cup of water and explain that it represents a clear mind. The facilitator will discuss how this is every person by default.

**Step 2:** Next, the facilitator will show the participants a green skittle and explain that it represents a nervous thought.

**Step 3:** The facilitator will then add the green skittle to the cup of water, showing the participants how the water is starting to change color. The facilitator will explain that this is what happens when we have a nervous thought.

**Step 4:** The facilitator will then add a few more green skittles and stir up the water. This will represent what happens when a person continues thinking the same thought and holds on to it.

**Step 5:** Repeat steps 1-4 using different colors to represent various thoughts.

For example, red can represent an angry thought, and yellow can represent a happy thought, purple can represent a sad thought, etc.

The facilitator will explain to the participants that we are exactly like the clear cup; we start off clear, in comes a thought, and, suddenly, we turn red, or green, or yellow (we become angry, nervous or happy). These feelings are not coming from the upcoming test, or from our friend who was mean. They are all coming from thought, and as soon as the thought passes, we are happy again until another thought comes in and gives us another feeling.

Once the demonstration above is finished, the facilitator will pass out a clear cup with water and a package of Skittles to each participant. The facilitator will ask each participant to demonstrate a thought/feeling that they have had recently. Once participants have completed the activity, ask for volunteers to share their different Thoughts and Feelings from their Skittle cup.

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