



Jelly Bean Match Up

Description

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Students build fine motor skills while discussing different emotions.

Supplies

- Chopsticks
- Jelly Beans
- Paper
- Bowl/paper bag

How to Play

1. Put students in pairs. Have the group form a circle with each student sitting beside their partner.
2. Put the bowl of jelly beans in the center, put a sheet of paper in front of each pair, and give each pair a set of chopsticks.
3. Explain to the group that the goal of this game is to be the first pair to get a set of two of each of the colors of jelly beans.
4. Tell them that partners must take turns trying to retrieve a jelly bean with their chopsticks. After a student retrieves a jelly bean they pass the chopsticks to their partner and their partner must try to get that same color jelly bean.
5. Let them know that they should keep their retrieved jelly beans on their sheet of paper. If a student uses their hand instead of the chopsticks they must put that jelly bean back in the bowl in the middle.
6. The first group to get all the pairs of colors of jelly beans is the winner.

Activity Prompts for Reflection

- What emotion did you feel when your partner got a jelly bean quickly?
- Did anyone's partner give them encouraging words during this activity? How does it make you feel when someone encourages you?
- Who can name a unique emotion they felt during this activity and describe what it felt like?
- Raise your hand, if you felt victorious at any point during this activity. What do you typically do when you feel this way?

Other Ways to Play

- If the jelly beans might be too difficult for students to grab with chopsticks, you can use a bigger candy that has a variety of colors such as individually wrapped lifesavers.
- Spread out the jelly beans on a large piece of paper. Have one of the students in the pair blindfolded and have their partner help them to retrieve the jelly beans by instructing them where to pick them up, using only their words. The pair with the most jelly beans at the end is the winning pair.

Additional Notes

- Allow time at the beginning for students to practice using the chopsticks before the actual activity starts.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 10-15 minutes

Themes

1. Emotions