



Sweet Personality Assessment Activity

Materials Needed: Assorted Hershey's Miniature Candy Bars

Instructions:

- Ask the participants to choose the candy bar that they personally like best.
- Participants divide into groups based on their selection (all Krackles together) and find one or two things that they have in common, thinking about their personalities or interests. For non-chocolate eaters, have them join a group that a family member might belong to.
- Leader asks group to share what they have in common with the larger group, then reports the following definitions as “well, the experts say...”
- Discussion COULD follow—is that how you see each other or yourself? ... light-hearted.

Milk Chocolate: All-American
 All-Around – baseball, mom, apple pie
 Love to talk
 Friendly and warm

Krackle: Optimist
 Full of joy
 Perky
 Considered “ditsy” by some others

Mr. Goodbar: Expert
 Likes to play “devil’s advocate”
 Risk-taker
 Adventurous, with a dual personality

Dark Chocolate: Thoughtful and insightful
 Individualist
 Not a risk-taker
 Small steps – check progress as you go