

# WARM FUZZIES

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**Objective:** 1) Share warm feelings for one another  
2) Discuss influence of group

**Time:** Depends on group size

**How Many:** Whole group

**Materials:** Plastic jar or box, paper, pen/marker

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## Activity Overview:

This activity is best used for group mentoring sessions but could also be used in one-to-one mentoring relationships. The “Warm Fuzzies” activity is designed to express what each person’s “warm” thoughts are towards each other. Each person’s name is entered into a bucket, or the “warm fuzzy” jar, and names are picked randomly. The individual, who picks a name out, especially in a group setting environment, tells the group what he or she enjoys and appreciates about the person whose name was chosen.

After all names have been chosen, names are returned to the jar. Now, names are chosen again, except this time, the person who was chosen shares what the group has meant to him/her over the past year.