



## True Colors M&M Pill Bottle

### Objective:

- To share an innovative tool that will help participants understand that you may shift from your Colors to assume a role / task.
- To share with participants that you control your bright or faded color. “It’s your choice”
- To add some fun to the Trainings

### Materials required:

One medicine bottle per each participant  
Computer labels (I use the “computer diskette” size)  
M&M in four colors (green, yellow, orange and blue).

**Note:** You may decide to eliminate the red and brown or you may choose to leave them in the bottle and tell them: “There are other life experiences that make us / form us that don’t fall into any of the four colors, however they are part of who we are. We all have a “unique color spectrum”.

### Procedure to prepare bottles:

1. In the ITCA Member Area / Resources Tools, please open the file named: “**True Colors Pills Bottles – Labels**” in MS Word.
2. Change your name where it reads: “Dr. Heidie Rosado” and change your company telephone number.
3. Make sure you have the correct Model of Labels and print. Also, make sure you have purchased the correct type of paper for the labels. Labels come in either “Laserjet” or “InkJet” type. Some come prepared for both. Just make sure you purchase the correct one according to your printer type.
4. Once you have printed your labels, proceed to paste one label per bottle.
5. Proceed to fill your bottles with M&M and make sure each bottle has all four colors. You don’t need to fill them completely.
6. At times, people leave their bottles at the table, you can always recycle them.

### Tips

- You can make these bottles in advance, however avoid having them in the refrigerator for a long period of time because the M&M’s tend to get faded and lose their shine (they look old).
- You may also choose the appropriate time in the workshop to give them out. It is recommended you hand out the bottles either before the Blending Activity or at the completion of a team-dynamic as a “prize”.

**Estimated price per person:** Less than \$1.00

