



Connecting is Sweet! Candy Jar Activity

Instructions:

1. Print and cut out above label and tape to large jar.
2. Print below connection starters and cut each task into its own strip.
3. Roll/Fold the strips up and place in the jar along with an assortment of wrapped candies.
4. Place jar in a prominent spot and watch connections form!

Say “hello” to everyone you see today	Grab coffee with a coworker
Go for a walk with your significant other	Invite your neighbor over for a barbecue
Attend an after-hours networking event	Join a Caterpillar ERG
Host a board games night for friends	Sit down for a family meal
Start your next meeting by asking, “How was your weekend?”	Take a water break with your supervisor
Call a family member you haven’t spoken to in a while	Start a conversation with someone while waiting in line

Watch a funny YouTube video with a friend	Introduce yourself to the person sitting next to you at an event
Invite friends over to watch the World Cup	Text someone you've lost touch with
Ask a colleague to lunch	Ask the cashier how his/her day is going
Form a trivia team with your coworkers	Check out a local comedy club with a group of friends
Offer your mail carrier a bottle of water	Reach out to your high school alumni group
Encourage a coworker	Join a book club or hobby group
Go for a family bike ride	Message a childhood friend you haven't seen in years
Plan a happy hour for your team	Volunteer in your community
Wish your neighbor, "Good morning!"	Compliment a stranger
Email someone to say, "Thank you!"	Grab coffee with your boss