


Sweet Evaluation

Short description	<p><i>The Sweet Evaluation</i> is a playful reflection method where participants give feedback using candy as a metaphor. Each type of candy represents a different aspect of the session: progress, challenges, lasting impact, and highlights. It encourages creative reflection and opens up discussion in a fun and engaging way.</p>
Objectives	<ul style="list-style-type: none"> • Encourage reflection on the session/meeting. • Identify what worked well and what could improve. • Collect feedback in a creative, visual, and playful manner. • Engage participants interactively in the evaluation process.
Duration	<p>15 – 25 minutes (depending on group size and discussion depth).</p>
Social form	<p>group work</p>
Materials and organisation	<ul style="list-style-type: none"> • Different types of candy (for example): <ul style="list-style-type: none"> ○ Frog candy – “What (frog) leap forward can the next meeting take?” ○ Sour candy – “What tasted sour or did you like less?” ○ Chocotoff – “What will stick after the meeting?” ○ Bear candy – “What do you evaluate ‘as good as a bear’?” • Paper or sticky notes and markers for writing reflections. • Optional: small bowls or trays to place the candies.
Preparation	<ol style="list-style-type: none"> 1. Choose and gather enough candy for all participants. 2. Arrange the candies in separate, clearly labelled bowls. 3. Prepare a brief explanation of the symbolism of each candy type. 4. Provide paper/sticky notes and markers for participants to write down their reflections.

Step-by-step description

	<ol style="list-style-type: none"> 1. Introduction (2–3 min) <ul style="list-style-type: none"> ○ Explain the metaphor of each candy. ○ Emphasize that this is a safe and playful way to share feedback. 2. Individual Reflection (5–7 min) <ul style="list-style-type: none"> ○ Participants select the candies that best represent their feedback. ○ Optionally, they can write short notes on post-its or paper to explain their choice. 3. Sharing in the Group (5–10 min) <ul style="list-style-type: none"> ○ Participants share their candy choices and reflections.
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	<ul style="list-style-type: none"> ○ Facilitate a short discussion: what stands out, what inspires, and what can improve. <p>4. Conclusion (2–3 min)</p> <ul style="list-style-type: none"> ○ Summarize the main insights. ○ Thank the group for their participation and creative feedback.
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Variations and differentiation

- **For large groups:** have participants reflect in small subgroups, then share a plenary summary.
- **For virtual sessions:** use digital candy icons and an online whiteboard (Miro, Mural, Jamboard).
- **Creative twist:** let participants invent their own candy metaphors for their feedback.

Practical notes

Choose recognizable and varied candies so that the metaphor is clear to everyone.

Keep the pace lively; too long can reduce the playful energy.

Ensure everyone can participate and encourage brief explanations.

It can help to give an example of choosing a candy and explaining the choice.

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Annex



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