

## Minute to Win it Games

**Procedure:** These games can be facilitated a variety of ways using team or individual challenges. Works well to set-up all challenges and allow kids to rotate through them. Only a few kids will be able to participate in one challenge at a time. The goal is to be able to accomplish tasks within one minute.

**Supplies:** All supplies are provided at the school forest, except cookies if you would prefer using cookies to mints for the “face the cookie” challenge. Supplies are located in the Greene building storage room.

### GAMES

**Back Flip:** Place 2 pencils on the back of your hand; flip up and catch both pencils together with the palm of your hand. If they drop, pick up and try again. Add 2 each time. Challenge, get 12 pencils done in a minute.

**Bite Me:** Pick up 5 different sized grocery bags from the floor using only your mouth and place them on the table. During the challenge your hands cannot touch the floor. (10”,8”,6”,4”,2” grocery bags)

**Breakfast Scramble:** Reassemble a cereal box cut into 16 equal pieces in one minute.

**Defying Gravity:** Keep 3 balloons in the air at the same time for a minute.

**Face the Cookie (Mint):** Move a cookie (or mint) from your forehead to your mouth without the use of your hands. Mints are provided by the school forest, cookies need to be brought with you.

**Hang On:** Hang 6 hangers on each other to make a long chain without them sliding to the corners.

**Movin on Up:** Stack 25 blue cups on top of each other with 1 black cup at the bottom. Alternating hands and restacking cups, move the black cup to the top in one minute.

**Noodling Around:** Pick up 6 rigatoni pasta pieces from around the edge of a table using a straw held in your mouth. All six pasta pieces must be on the straw at the same time.

**Nose Dive:** Pick up and move 4 cotton balls with vaseline on your nose from one serving bowl to another without using your hands.

**Paper Scraper:** Build a 10 story tower with 2 pre-bent and 1 straight index card per story with the straight card on top in one minute.

**Shoe Fly Shoe:** Toss shoes onto a table using only your foot. Get a shoe on the table 12 times in one minute.

**Stack Attack:** Start with 21 cups in a single stack. In one minute stack the cups into a pyramid then back to a single stack.