



MINUTE TO WIN IT CHALLENGES

- **Defy Gravity:** Give each player three balloons. They have to keep all three balloons up in the air for a minute.
- **Face Cookie:** Place a cookie on someone's forehead. They have to use only their face muscles (no hands) to get it into their mouth.
- **Book balance:** Place a book on top of your head and make your way around your house whilst balancing the book on your head.
- **Round two-** place two (2) books on your head and repeat the lap.
- **Straw Race:** Place a marshmallow along the edge of the table/desk to begin the race. By blowing through a straw try to get your marshmallow to the other end of the table within the minute.
- **Breakfast Scramble:** Cut the front of a cereal box up into small pieces puzzle-style and have players try to put it back together as quickly as they can.
- **Iron Man:** Use a chopstick to stack iron nuts on top of each other.
- **Roll-On-Buddy:** Try to roll a potato, sweet potato or onion across the floor from one side of the room to the other.. using only your nose.
- **Faster than Egyptians:** Get a stack of 36 plastic cups. In one minute build a pyramid and then break it back down and re-stack the cups.
- **Blown Away:** Stack plastic cups into a pyramid. Blow up a balloon, aim it at the pyramid and then let it go. How many cups did you knock over? Keep going until the minute is up.
- **Hold the Dice:** Players place the plastic spoon in their mouth and try to stack 6 dice onto the end. For younger kids, you could lower the dice amount to make it easier.



- Chopstick Pick Up: Place 20 pieces of candy on a paper plate. Have the player move each piece of candy to the other plate using chopsticks in under a minute. Tip: It is easier for younger kids to pick up squishy marshmallows then hard M&Ms with chopsticks.
- Bottle Flip: Toss the water bottle in the air and make it land upright. See how many times you can do this in a minute.
- No Hands: have players wear oven mitts and unwrap candy.
- Noodle Pick Up: Place uncooked penne pasta on the edge of a table. Player tries to pick up the penne noodle using a spaghetti piece they have in their mouth.
- Apple Stacking: Each player tries to stack 5 apples in one minute
- Marshmallow Toss: Place an empty plastic cup across the room about ten (10) feet away. After returning to the other side of the room try and throw as many small marshmallows into the cup as you can.

Smiley Face: Players will use a straw to suck up a pom-pom/ M&Ms to make a smiley face on a paper plate.

