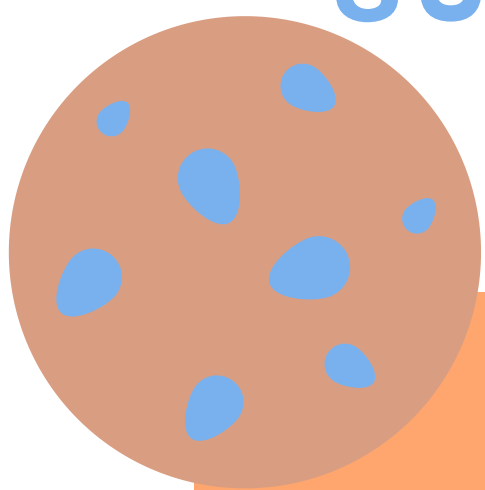
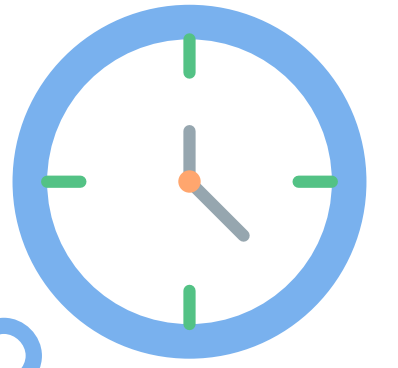


# Minute To Win It!

YOU HAVE ONE MINUTE TO COMPETE AGAINST YOUR FAMILY OR FRIENDS TO WIN THESE SIMPLE & FUN COMPETITIONS! SUPPLIES FOR THESE GAMES ARE SIMPLE AND EASY TO FIND!



You will need::

- A cracker/ or cookie per person

## FACE THE CRACKER!

Each competitor place a cracker on their forehead. You have one minute to see who can get it into their mouth first without using their hands!

## MOVE THE SMARTIE!

You will need::

- Two bowls per person & a straw per person
- A box of smarties per person (or any round candy/marshmallow/cereal)

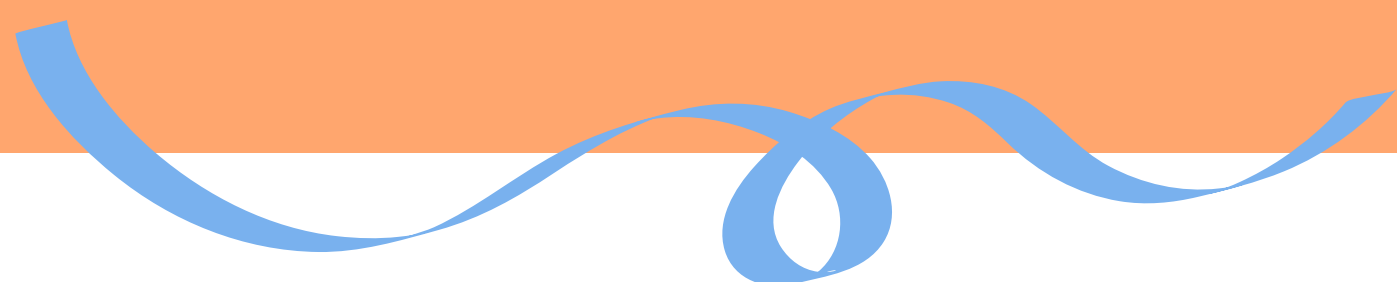
Using two separate bowls, a box of smarties and a straw per person, each competitor has a minute to race and see how many smarties they can suck up with their straw and race to a farther empty bowl. Whoever has the most wins!

You will need::

- A roll of party streamer or toilet paper per two people

## WRAP IT UP!

Having two people per team and a roll of party streamer each, race to see who can wrap their partner in the entire roll of party streamer first!





You will need:

- A box of smarties/handful of cereal person
- A pair of chopsticks per person and two bowls

## CHOPSTICK CEREAL!


Race against the other person to see how many smarties or any kind of cereal you move from one central bowl, to your teams empty bowl. The person with the most items in their bowl in one minute wins!

## DEFYING GRAVITY!

You will need:

- Two blown up balloons per person

Each person must try to keep two balloons up in the air with just one hand, while the other is behind their backs. Last player with two balloons still in the air wins! If too difficult, drop down to one balloon.

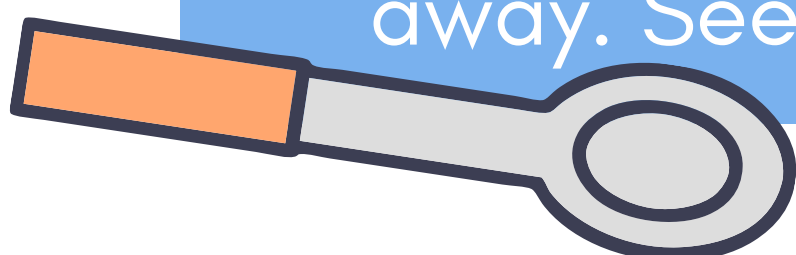


## SCOOP IT UP!

You will need:

- A spoon per person and two bowls per person
- Any kind of dry cereal

Using nothing but a plastic spoon in your mouth, two people compete to see who can move the most smarties or any kind of cereal from their start bowl, to a finish line bowl a short distance away. See who can get the most transferred in one minute!





You will need:

- A feather and straw per person
- A start and finish line

## FEATHER RACE!

Make a starting and finishing line approximately 15 feet apart. Each person must try to blow their feather using a straw from the start to the finish line. First person to cross the line wins!



**These games help us enhance our executive functions that we use daily such as: task initiation, working memory, focused attention, impulse control, problem solving, task management and critical thinking.**

**SUCCESSFUL FAMILIES SUCCESSFUL KIDS**