



Hello NWSRA Families,

Attached are 10 “Minute to Win It” style games/activities using household items. Challenge yourself and your family and prepare for competition and lots of laughter!

There are three ways to play!

Race Against the Clock: You have 60 seconds to complete the challenge!

Race Against Each Other: Who can complete the challenge first?!

Race Against Yourself: Try to beat your own high score!

If you don’t have the exact supplies need for the game, see our suggestions or get creative with other items you have at home!

Have fun!

Face the Cookie:



Supplies:

- Oreo Cookies

Instructions:

1. Place snack on forehead.
2. Use your face muscles (no hands!) to wiggle to snack from your forehead to your mouth.

Adaptations:

- Instead of racing the clock, try timing to see how long it takes
- Instead of racing the clock, try racing against someone else
- Instead of “no hands”, try allowing 1-3 “resets” or “fixes” to help achieve the goal
- Instead of an oreo, try different snacks to increase or decrease the difficulty

Post it Note Challenge:



Supplies:

- Post it Notes

Instructions:

1. How many post its can you get to stick in a minute?

Adaptations:

- Instead of racing the clock, try racing against someone else (who can get more in a minute?)
- Instead of racing someone else, try racing yourself (can you beat your high score?)
- Instead of sticking post its to a body, try an object (like the back of the couch or stuffed animals)

Pom-Pom Challenge:



Supplies:

- Flat surface (dining room table/kitchen counter)
- Tape
- Pom-poms (or cotton balls)
- Straws

Instructions:

1. Tape two lines (start & finish)
2. Begin with all pom-poms on the starting line
3. Use a straw to blow the pom-poms across the table to the finish line

Adaptations:

- Instead of racing the clock, try racing against someone else (who can finish first?)
- Instead of racing someone else, try racing yourself (can you beat your high score?)
- Instead of blowing through a straw, try using just your breath
- Instead of a table, try making the racetrack longer by using the floor

Stack Attack:



Supplies:

- Cups

Instructions:

1. Stack cups to make a tower

Adaptations:

- Instead of racing the clock, try racing against someone else (who can make the tallest tower)
- Instead of racing someone else, try racing yourself (can you beat your high score?)
- Instead of building a pyramid, try using the cups to build other things
- Instead of building a pyramid, try stacking cups top to bottom to see how tall you can go



Get Creative! What else can you build towers out of?



Spoon Frog:



Supplies:

- Spoons
- Cups

Instructions:

1. Place spoons and cups in formation pictured below
2. Use fist to hit first spoon to catapult second spoon to land in cup

Adaptations:

- Instead of racing the clock, try seeing who can make it in the cup first
- Instead of aiming for the cup, try seeing who can launch their spoon the farthest
- Instead of launching spoons, try launching other small objects (like cereal or cotton balls)



Nose Dive:



Supplies:

- Bowls
- Cotton balls
- Vaseline (or other sticky substance like toothpaste, lotion, peanut butter)



Instructions:

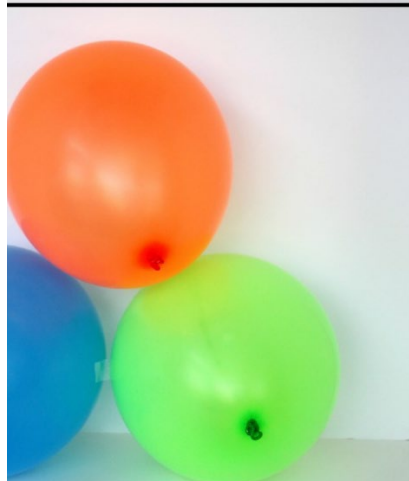
1. Place cotton balls in one bowl
2. Place sticky substance on tip of nose
3. Use nose to move cotton balls from full bowl to empty bowl

Adaptations:

- Instead of racing the clock, try seeing who can empty their bowl first
- Instead of putting the bowls right next to each other, try putting them on opposite kitchen counters

Defying Gravity:

DEFYING GRAVITY



Supplies:

- Balloons

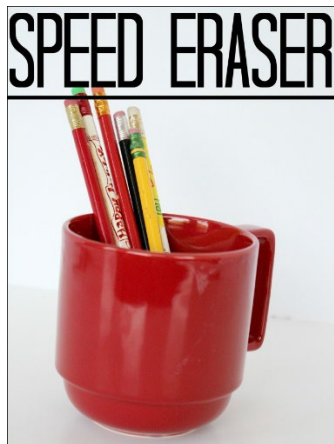
Instructions:

1. Inflate balloons
2. Keep balloons from touching the ground

Adaptations:

- Try seeing how long you can keep three balloons in the air
- Try seeing who can keep their one balloon in the air longer
- Try seeing how long two (or more) people can pass the balloon back and forth
- Try seeing how many times you can bounce the balloon against the wall

Speed Eraser:



Supplies:

- Cups or Mugs (heavy enough to not tip over)
- UNSHARPENED Pencils with erasers

Instructions:

1. Cluster cups at one end of the table
2. While standing at other end of the table, bounce pencil (eraser side first) on the table so it lands in the cups

Adaptations:

- Instead of racing the clock, try seeing who can land a pencil first
- Try moving the cups closer or farther away
- Instead of bouncing, try throwing the pencil (safely)
- Instead of pencils, try other objects (like ping pong balls)

Breakfast Scramble:



Supplies:

- Empty snack box
- Scissors

Instructions:

1. Cut the front of a snack or cereal box into 16 equal squares
2. Use the pieces as a puzzle

Adaptations:

- Try making a more intricate puzzle
- Make more than one puzzle to race against friends

Change Towers:



Supplies:

- Loose Change

Instructions:

1. Use change to make towers

Adaptations:

- Try stacking largest to smallest coins
- Try stacking smallest to largest coins
- Try making individual stacks of each type of coin

Get Creative, use this opportunity for a math and money lesson!