

# Minute to Win It

## Rules:

Divide into 10 Groups.

A different person must compete in each round.

There will be 14 challenges and each challenge must be completed in under 60 seconds.

The first team to complete the challenge gets 10 points, then second team gets 9, the third gets 8, etc.

Teams who do not finish the challenge in 60 seconds do not score any points.

The top 3 teams will receive a prize.

## 1. Move it down

Using only the face, move cookies from the forehead to the mouth. When the clock starts, player may grab the first cookie and place it on the forehead. The cookie must remain in contact with the face (i.e. player may not toss the cookie from the forehead and catch it in the mouth). If a cookie falls, player may reset an intact cookie on the forehead for the next attempt. To complete the game, the player must get an intact cookie into their mouth within the 60-second time limit. **Materials:** 2 Packs of Oreos

## 2. Knock it down

Player must lie on their stomach and roll 1 marble at a time to knock over 5 standing pegs. Set up the pegs 10 meters away from the start line. Player begins game lying down on their stomach behind the start line. When the clock starts, player may begin rolling marbles 1 at a time with 1 hand towards the pegs. Player must release the marble behind the line. If a marble released across the line knocks over the pencil, the game is over. To complete the game, player must knock down the 5 pencils with a marble that's released within the 60-second time limit. Players can receive a point for each peg they knock down. **Materials:** 200 Marbles (20 marbles per team). 5 Pegs per team. 1 roll of Masking tape for the start and goal lines.

## 3. Keep it up

When the clock starts, player releases all 3 balloons into the air. Player may not hold balloons, allow them to rest on the body, or hit the ground, or the game is over. To complete the game, player must keep all balloons off the ground for 60 seconds. **Materials:** 30 Balloons Inflated (3 per team).

## 4. Blow it up

Each contestant is given 5 balloon and they have to blow them up until they burst – in under a minute. **Material:** 50 balloons (5 per team).

## 5. Sort it out

Give each team a shuffled pack of cards and they have a minute to get as many of the sets of cards sorted into order from Ace to King in the 60 seconds. **Materials:** 10 Packs of cards (1 per group).

## 6. Flip it in

Contestants arrange two spoons on the table such that they can make contact with one spoon and launch the other one in a catapult-like fashion. In one single motion, the participants hit one spoon and the other spoon must land into the cup. If it lands inside the cup, the challenge is passed. Else, the participant must try again. **Materials:** 1 glass per team. 2 teaspoons per team.

## 7. Pull it out

Each team has a box of tissues and using just 1 hand a contestant has to pull each tissue out of the box – one at a time. **Materials:** 1 box of tissues per team.

## 8. Blow it off

Set up 10 plastic cups in a row across the table. When the clock starts, player may grab the balloon and begin to blow it up. Player may only knock cups off the table by using air from the balloon and must always stay on 1 side of the table. **Materials:** 1 Balloon per team. 10 Polystyrene Cups per team. 1 Table per team.

## 9. Bounce It In

Set up a glass in front of each contestant and they have 60 seconds to bounce 5 table tennis balls into the glass. Each team starts with 10 balls and they can retrieve balls from the ground. **Materials:** 100 table tennis balls (10 per team). 1 Glass per team.

## 10. Get it down

Eat 5 Marie biscuits and drink a coke in a minute. **Materials:** 5 Marie biscuits per team. 1 500ml Coke per team.

## 11. Toss It In

Set up 10 polystyrene cups in front of each contestant (a meter or more away) and give them a pack of straws each. They have to throw 1 straw into each cup in a minute. **Materials:** 1 Pack of Straws for Each Team. 10 Polystyrene Cups for each team.

## 12. Flip it on

Work in Pairs: One person flips a cup and another person has to catch it using a 500ml bottle of Coke. **Materials:** 1 500ml Coke bottle for each team. 10 Disposable Plastic Cups for each team.

## 13. Move it up

Each contestant is given 20 stacked polystyrene cups and the bottom one is clearly marked. They have 60 seconds to get the bottom cup to the top of the stack by moving one cup up a time. **Materials:** 20 Polystyrene Cups Per Team. 1 is marked.

## 14. Move it across

Each contestant is given a small box of Smarties in a bowl and using a straw they have to move each Smartie to a second bowl in 60 seconds. **Materials:** 10 Boxes of Smarties. 10 Straws. 20 Pudding Bowls.

## Small Group Time

Here are the questions for the small group time: (1) How did you cope with the 60 second pressure in the games tonight? (2) What pressures are you facing in life these days? (3) How can this passage help you handle pressure? *You know that under pressure, your faith-life is forced into the open and shows its true colors. If you don't know what you're doing, pray to the Father. He loves to help. Ask boldly, believingly, without a second thought. (James 1:5-6).* (4) Ask God to help you deal well with pressure.