

Minute to Win it Games

Each game should be played for 1 minute (60 seconds).

If a handful of people are playing instead of large teams, give each person 60 seconds.

Keep a leader board!

1.) Balloon Cup

Materials: 20 red solo cups, bag of balloons

Rules: This game is played 1 v 1. Line up 10 plastic cups face down on a flat surface. Give the participant a balloon. On the whistle they have to blow up the balloon and use it to knock over as many cups as possible. First person to knock over all ten cups wins!

2.) Movin' on Up

Materials: Cups

Rules: Players must move cups from the top of the stack to the bottom using alternating hands. This must be repeated until the blue cup is moved back to the position it started in (at the base). Then pass it to their teammate who repeats the process. First team to go through entire stack of cups wins.

3.) Junk in the Trunk

Materials: 2 Tissue boxes, 16 ping pong balls

Rules: two empty tissue boxes with 8 ping pong balls. Tie the boxes around the waist of two players. They then must shake out the ping pong balls without using their hands. The fastest to empty their box or the person who has the fewest balls left after a minute is the winner

4.) Human Ring Toss

Materials: Hula Hoops

Rules: This is a partner or team game, with one player serving as the "post" that the rest on their team will try to throw the loops around. The person or team who gets the most rings around their partner wins!

5.) Spin Doctor

Materials: 1 coin per team

Rules: A player spins a coin on the table. A second player stops the coin with one finger on its edge (upright!). Either player can spin the coin, and it's a win when you stop the coin for three seconds within a minute.

6.) Stone Face

Rules: Have two players face each other. The goal of the game is to keep a straight face while looking at your partner — no laughing or smiling.

7.) Don't Touch the Ground

Materials: 4 balloons per team

Rules: Each player receives four balloons. The winner must use agility and coordination to keep all the balloons in the air for a minute.

8.) Water Bottle Flip

Materials: Water bottle per team

Rules: Have players take a water bottle and ask them to flip it on the table in front of them. Whoever's water bottle flips and lands perfectly the most times in one minute wins!

9.) Stack Attack

Materials: 10 Cups per team

Rules: Players have a minute to stack 10 cups in a pyramid, take them down in a diagonal fashion, and then reverse stack them back to the starting position (stacked all together). If the pyramid tower falls at any point, they must start over. Whoever completes this first wins!

10.) Face the Marshmallows

Materials: 1 bag of marshmallows

Rules: Players must move a marshmallow from their forehead to their mouths using only their facial muscles. The person/team to get the most marshmallows in their mouth in 60 seconds wins!