

Relaxation Retreat for Kids

Minute to Win it Challenge



Take turns completing each activity in one minute or less and put your skills and determination to the test!

Supplies Needed

Take a few minutes to gather all your supplies before starting:

- 1 bag of pom poms or cotton balls
- 10 ping pong balls, or other small lightweight balls
- As many disposable cups or plastic cups as you can find
- 1 empty tissue box
- 1 rope or belt
- 1 plastic spoon per player
- 1 straw per player
- 2 small bowls
- 2 paper plates
- 2 popsicle sticks
- A few balloons
- 2 or more players
- A timer (cell phones work great!)
- Pencil and paper for scorekeeping



Directions



Pom Pom Race:

Begin by gathering 10 pom poms and 1 straw for each player. If you don't have pom poms try cotton balls. Put your pom poms down on one side of a long table. Make a finish line on the opposite side of the table.

Time to start the clock! Take your straw and blow as many pom poms as you can across the finish line in one minute. If the pom pom falls off the table, you have to bring it back to the beginning and try again! The winner is the player who gets the most pom poms to the finish line in one minute or less!

Ping Pong Toss:

Grab 3 disposable cups, a pencil, a piece of paper, and as many small balls as you can find around the house. Using a marker, write the number 5 on two of the cups and the number 10 on the third cup. Place the 3 cups in a triangular formation, with the 5-point cups on either side of the 10-point cup. Divide the balls equally between each player.

Now comes the fun part! All players walk 4 giant steps away from the cups. The youngest player goes first. Each player takes turns tossing their balls into the cups until all balls have been tossed, counting points for each player as you go. The person with the most points after one minute wins!

Safety note: always look before you toss!





Scoop It Up

Gather two small bowls, a bag of pom poms or cotton balls, and one plastic spoon for each player. Set your timer for one minute. Now hold the plastic spoon in your mouth and scoop as many pom poms or cotton balls as you can from one bowl to the other. Make it more challenging by placing an obstacle between the bowls or placing the bowls at two different heights! Whoever collects the most cotton balls in their bowl under one-minute wins!

Cup Stack

Gather as many plastic cups as you can find (any size or shape with do!). Set your timer for one minute. Oldest player goes first! See who can make the tallest free-standing tower in the quickest time! If the tower tumbles, you have to start from scratch!



Balloon Tennis

Make two small "tennis rackets" by attaching paper plates to popsicle sticks. Next, blow up a balloon. In one minute, you must try to get your opponent to drop the balloon on their side!





Junk in the Trunk

Gather an empty tissue box and 6-8 ping pong balls. If you don't have ping pong balls, gather any small lightweight balls you have at home. Put the balls in the tissue box. Next, tie the box around your waist or on your back using a rope or belt.

Shake, shimmy, jump, and dance around until all the balls have fallen out of the tissue box. No using your hands and no laying down! Whoever gets the most ping pong balls out the fastest in one-minute wins!

Winning the Game

Whoever collects the most points after completing all five challenges wins the Minute to Win It Olympics and bragging rights! The loser has to do one chore of the winner's choosing!

