



YOUTH SERVICES MINUTE TO WIN IT!

This month, Youth Services will share fun games from the hit TV show Minute to Win It! Each week will have a different skill theme, such as speed, focus, balance, or creativity. See how fast you can complete these activities as you race against the clock!

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WEEK 1: SUPER SPEED

Did you know the cheetah is the fastest land animal, with a recorded speed of around 60 miles per hour? Keep reading for some activities to help you test out your own super speed!



STACK ATTACK



Supplies: Plastic Cups

In this game, you'll need to stack cups into a tower and then deconstruct the tower back into a single stack of cups as quickly as possible. The show uses 36 cups and the time limit is 60 seconds, but feel free to modify the game to fit your players!

[Source](#)

[Official Instructions](#)

BABY RATTLE

Supplies: Gumballs, Empty 2 Liter Soda Bottles, Tape

Prep: Fill one empty 2-liter soda bottle 3/4 full with gumballs, then use strong tape to connect a second empty bottle to the top of the filled bottle

In this game, you'll need to transfer gumballs from one bottle on top to the other on the bottom by shaking as fast as possible. The show's time limit is 60 seconds, but feel free to adjust as necessary!

[Source](#)

[Official Instructions](#)



Supplies: Plastic Cups (2 colors)

MOVIN ON UP



In this game, you'll need to start with 1 cup of a certain color (for example, blue) at the top of the stack, with all of the following cups in another color (for example, red). Move the cups to the bottom of the stack as fast as possible until the blue cup travels to reach the top of the stack again. The show uses 40 cups and has a 60 second time limit but feel free to modify the game as necessary!

[Source](#)

[Official Instructions](#)

JUNK IN THE TRUNK

Supplies: Empty Tissue Box, Ping Pong Balls, Ribbon

Prep: Load ping pong balls into an empty tissue box, then tie around player's waist with a thick ribbon

In this game, you'll want to empty the ping pong balls from the tissue box by moving around any way you can, whether it's jumping, shaking, or wiggling, as fast as possible. The show uses 8 ping pong balls and has a 60 second time limit, but feel free to modify the game to your players!



[Source](#)

[Official Instructions](#)

SUCK IT UP

Supplies: Straws, M&M's (or Skittles!), Plates

Prep: Have two plates ready per player, one with M&M's on top, the other empty



In this game, you'll want to move M&M's as quickly as possible from one plate to another with suction created by sucking through a straw. The straw should stay in the player's mouth the entire time while transferring candies. This game typically has a 60 second time limit, but feel free to modify as necessary.

*This game has been modified from the version on the show to make it easier for younger participants

[Source](#)

[Official Instructions](#) (show version)



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