



YOUTH SERVICES MINUTE TO WIN IT!

This week's Minute to Win It blog has us testing our balance skills! Keep reading if you're up for the challenge and race against the clock to see if you've got what it takes to be a master of balance!

SEPTEMBER 11, 2020

WEEK 2: BALANCE

Fun Fact: Your ears aren't just important for hearing; they also help you balance! Several structures in the inner ear, together called the vestibular system, send signals to the brain that help you orient yourself and maintain balance.



A BIT DICEY

Supplies: Popsicle Stick, Dice

In this game, while holding a popsicle stick in your mouth, you will need to vertically stack six dice on top of the popsicle stick. The dice must be placed at the end of the popsicle stick opposite of your mouth. The show's time limit is 60 seconds, but feel free to adjust as necessary!

[Source](#)

[Official Instructions](#)

CANDELIER

Supplies: Aluminium Cans (empty), Paper Plates

In this game, you'll need to carefully construct an inverted pyramid using paper plates and aluminium cans as fast as you can! The show uses 15 cans and 4 plates to create a 5 story pyramid, along with a 60 second time limit. Feel free to modify this game to fit your players as needed.

[Source](#)

[Official Instructions](#)





NUTSTACKER

Supplies: Hex Nuts, Wooden Skewers

In this game, you'll need to start with five hex nuts threaded onto a wooden skewer. With the hex nuts suspended on the skewer, attempt to create a free standing tower with the hex nuts using only one hand. The show has a time limit of 60 seconds, but feel free to modify as needed!

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

[Source](#)

[Official Instructions](#)

CHOCOLATE UNICORN

Supplies: Chocolate Snack Cakes

In this game, you'll want to create a steady stack of chocolate snack cakes on your forehead as quickly as possible using just one hand! If the snack cakes fall, you can start again. The show uses 7 snack cakes and has a time limit of 60 seconds, but feel free to modify the game for your players as necessary!

[Source](#)

[Official Instructions](#)



JOHNNY APPLESTACK

Supplies: Apples (whole)

In this game, you'll want to create a freestanding tower of stacked apples within a 60 second time limit. The show uses 5 apples, but feel free to adjust the game as needed!

[Source](#)

[Official Instructions](#)



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