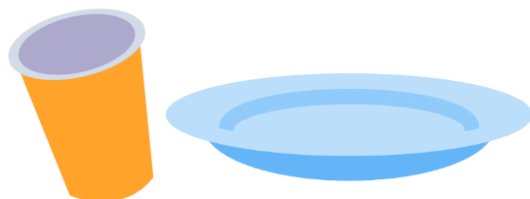


# Minute to Win It Activities

Activity	Materials Needed
Bean There Done That	Beans, plastic cups, straws, plate
Breakfast Scramble	Cereal box puzzles
Go Fishing	Tissue paper fish, File folder fans
Keep it Up	Feathers
Magic Carpet Ride	Bath mats, Obstacles
Noodling Around	Penne pasta, Spaghetti noodles
Nose Dive	Cotton balls, Paper Plates, Petroleum jelly
Office Tennis	Clipboards, Crumpled paper, Basket/Trash Can
Pop Top	Bottlecaps, Small clear plastic cups
Separation Anxiety	M&Ms, Small clear plastic cups
Marksmanship Challenge	Rubber bands, Clothespins, Playing cards
Shoefly Shoe	A shoe
Speed Eraser	Pencils, Heavy duty plastic cups
Spoon Frog	Plastic spoons, Plastic cups
Spudnick	Bendy straws, Chocolate raisins, Potatoes
Stack Attack	Plastic cups
Stick to It	Lint rollers, Ping pong balls
Sticky Situation	Ping-pong balls, Peanut butter, Bread
Suck It Up	Straws, Skittles, Plates
There She Blows	Straws, Cups
Tilt-A-Cup	Cups, Ping pong balls
Tortilla Head	Swim fins, Plate hats, Tortillas
Volcano	Mentos, Diet Coke
Wet ball	Water bottle, Balloons, Basket/Trash Can
Wheel of a Deal	Cards, 5 desks in a circle (1 in the middle)
Whipper Snapper	Bath mats, Duct tape, Ping pong balls
Yank Me	Index cards, Plastic cups

# Bean There Done That

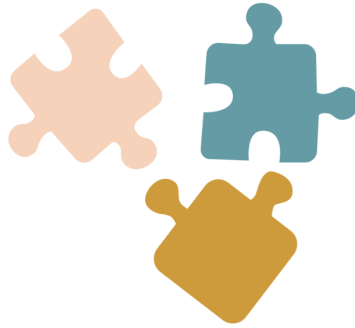


Put **five beans** (uncooked) on a **plate** and place a **plastic cup** ten feet away from the plate of beans.

Contestants must suck a bean onto the **straw** and hold it there with only their sucking while running it to the plastic cup.

Contestants must get beans in the cup.

# Breakfast Scramble



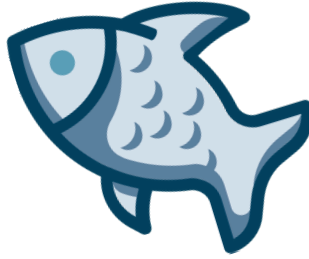
In this challenge, the wholesome goodness of breakfast cereal is combined with the innate hardness of jigsaw puzzles.

The front of a **cereal box** has been cut into 20 squares randomized and must be assembled by the contestant. The fact that all the puzzle pieces are the exact same size and shape adds to the difficulty.

Failing to complete this task in sixty seconds may result in elimination.

Youtube Video of the Breakfast Scramble: [gvsu.edu/s/2My](https://www.youtube.com/watch?v=gvsu.edu/s/2My)

# Go Fishing



A fish is cut out of **tissue paper** and the contestant is given a **paper plate**.

Tissue paper fish is laid on the ground and the contestant must fan the fish to the other side of the room and get it inside the box.

The fish flops in unpredictable ways!

# Keep it Up

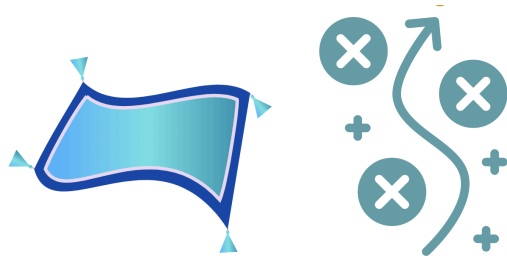


A feather's aerodynamic shape keeps a bird in flight, however, when operating alone, the **feathers** will fall to the ground.

In this challenge the constants will assist in keeping feathers in flight by blowing them back into the air, keeping the feathers off the ground for sixty seconds.

YouTube Video of Keep it Up: [gvsu.edu/s/2Mz](https://gvsu.edu/s/2Mz)

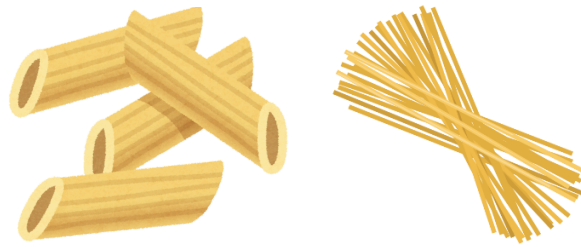
# Magic Carpet Ride



In this challenge, the constants will transform a **bath mat** into a magic carpet. Mimicking the push and pull movements of an inchworm, navigate your magic carpet around **three obstacles**.

Failure to complete this task within sixty seconds may result in elimination.

# Noodling Around

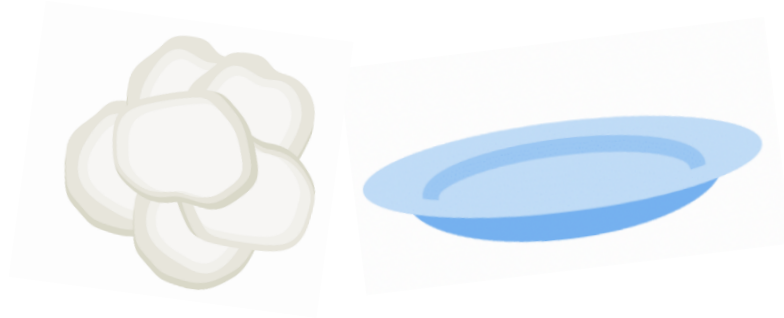


Pick up **three penne noodles (uncooked)** placed around the perimeter of the table using only a piece of **uncooked spaghetti** in your mouth.

(The facilitator can break spaghetti sticks to make it shorter and easier)

YouTube Video of Noodling Around: [gvsu.edu/s/2MA](https://gvsu.edu/s/2MA)

# Nose Dive



Players must transfer **cotton balls**, one at a time from one **paper plate** to another using only **petroleum jelly** on their nose.

YouTube Video of Nose Dive: [gvsu.edu/s/2MB](https://gvsu.edu/s/2MB)



# Office Tennis



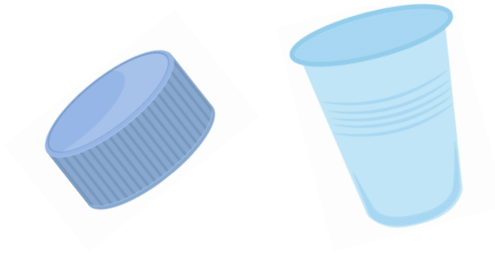
In this challenge, the constants will be doubles partners in the exciting game of office tennis.

Using **clipboards** as racquets, the couple will rally a **crumpled-up paper** back and forth before landing it in a **basket** on the opposite side of the room. Neither partner may carry nor drop the ball.

Failure to complete this task within sixty seconds may result in elimination.

YouTube Video of Office Tennis: [gvsu.edu/s/2MJ](https://gvsu.edu/s/2MJ)

# Pop Top

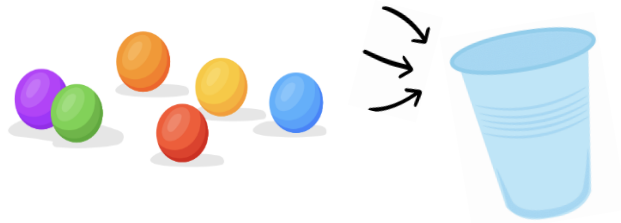


With its nine tiny but powerful muscles, the thumb can do amazing things, including flipping **bottle tops**. In this challenge, a player must flip soda tops off the edge of a table and land them into a center **cup**.

Failure to complete this task within sixty seconds may result in elimination.

YouTube Video of Pop Top: [gvsu.edu/s/2MK](https://gvsu.edu/s/2MK)

# Separation Anxiety



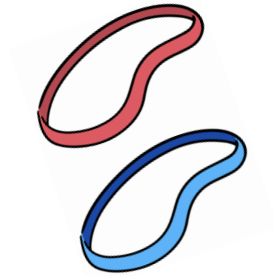
A standard **bag of M&Ms** contains approximately 50 colored candies. They come in a variety of colors including red, orange, yellow, green and blue.

In this challenge using one hand the contestant will use speed, focus, and organization to separate and redistribute them into **containers** by color.

Failure to complete this task within sixty seconds may result in elimination.

YouTube Video of Separation Anxiety: [gvsu.edu/s/2ML](https://gvsu.edu/s/2ML)

# Marksmanship Challenge



In this challenge, the contestant armed with **rubber bands** must prove their marksmanship skills by hitting **playing cards** held in place with stands made of **clothespins**.

To succeed the player must knock down all three cards.

Failure to complete this task within sixty seconds may result in elimination.

YouTube Video of Marksmanship Challenge: [gvsu.edu/s/2MM](https://www.youtube.com/watch?v=gvsu.edu/s/2MM)

# Shoe Fly Shoe



The human foot is an orchestrated web of bones, muscles, tenants and ligaments.

In this challenge, it will be used for the epic art of **shoe** tossing. Standing 9 feet away the player will launch a shoe and land it on a table. They will have 12 attempts to land it on the table.

Failure to complete this task may result in elimination.

YouTube Video of Shoe Fly Shoe: [gvsu.edu/s/2MN](https://gvsu.edu/s/2MN)

# Speed Eraser



Enough **pencils** are made each year to circle the globe 60 times. Their purpose is twofold: one to write and the other to erase.

In this challenge, contestants will attempt to bounce them into **glasses** positioned in a row seven times.

Failure to complete this task in sixty seconds may result in elimination.

YouTube Video of Speed Eraser: [gvsu.edu/s/2MO](https://www.youtube.com/watch?v=gvsu.edu/s/2MO)

# Spoon Frog



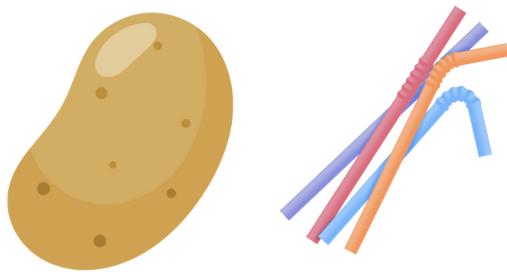
In this challenge, a modern-day dinner table catapult—the **teaspoon**—will be used to launch three teaspoons into **three awaiting glasses**.

Warning! Do not attempt this at the dinner table.

Failure to complete this task within sixty seconds may result in elimination.

YouTube Video of Spoon Frog: [gvsu.edu/s/2MP](https://gvsu.edu/s/2MP)

# Spudnick



In this challenge, Spudnick is a **potato**.

Constants will insert **five bendy straws** into Spudnick and carefully balance a **chocolate raisin** candy on each straw.

Failure to do so in sixty seconds may result in elimination.

YouTube Video of Spudnick: [gvsu.edu/s/2MQ](https://gvsu.edu/s/2MQ)



# Stack Attack



In this challenge, the contestants will use **36 plastic cups** to build a pyramid-shaped structure.

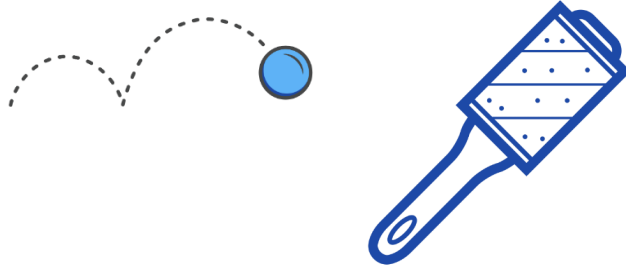
Once built, the player must deconstruct it by sliding the cups down diagonally creating a single stack.

Failure to complete this task in 60 seconds may result in elimination.

YouTube Video of Stack Attack: [gvsu.edu/s/2MR](https://gvsu.edu/s/2MR)

# Stick to It

(Team game)



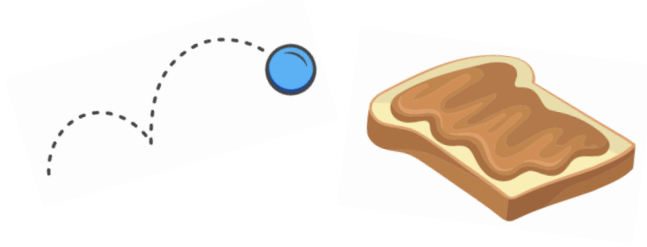
In this challenge, the constants must play as a team. Using **lint rollers**, one of the players must bounce **ping pong balls** to the other player holding lint rollers in each hand.

Catching three ping pong balls on each roller will do the trick.

Failure to do so within sixty seconds may result in elimination.

YouTube Video of Stick to It: [gvsu.edu/s/2MS](https://gvsu.edu/s/2MS)

# Sticky Situation

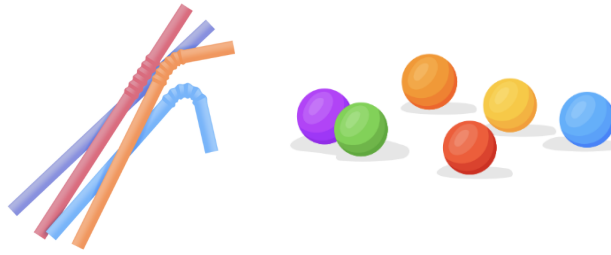


In this challenge, the constant must bounce **ping pong balls** in an attempt to stick one to **a piece of bread** fifteen feet across the room covered in **peanut butter**.

Failure to do so within sixty seconds may result in elimination.

YouTube Video of Sticky Situation: [gvsu.edu/s/2MT](https://gvsu.edu/s/2MT)

# Suck it Up



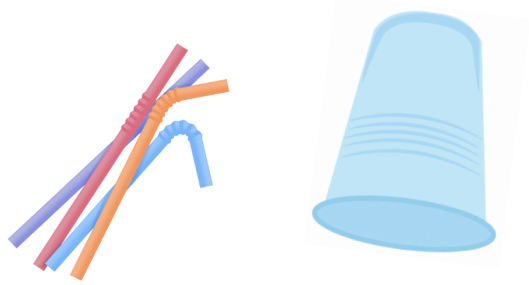
In this challenge, the contestant starts with a **straw** in their mouth.

By sucking, they will transport **four candies** from a **receptacle** and deposit them on top of straws positioned across the room.

Failure to do so within sixty seconds may result in elimination.

YouTube Video of Suck it Up: [gvsu.edu/s/2MU](https://gvsu.edu/s/2MU)

# There She Blows

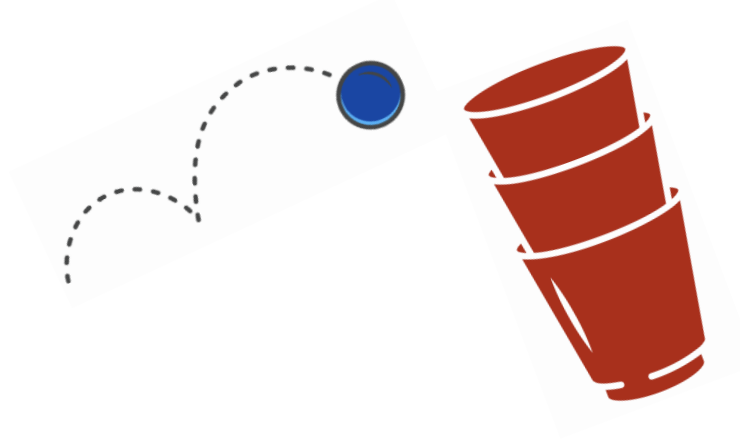


Blow the cup off the table using a **straw**.

Put a **plastic cup** upside down on one side of a table and have your contestant use a straw to blow the cup off the other side of the table.

(To make it harder you can use balloons instead of straws)

# Tilt-a-Cup



In this challenge, the constant must follow step-by-step directions to create America's newest sensation the Tilt-A-Cup.

Step one: catch a bounced **ping pong ball** in an **eight-stack cup**.

Step two: move the bottom cup to the top.

Step three: repeat until 6 balls have landed in their containers.

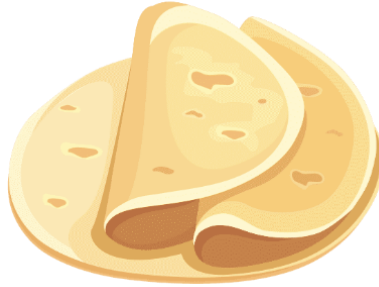
Step four: stay focused each time a ball is added.

The unpredictable Tilt-A-Cup grows less and less steady!

Failure to complete this task in sixty seconds or less may result in elimination.

YouTube Video of Tilt-a-Cup: [gvsu.edu/s/2MV](https://www.youtube.com/watch?v=gvsu.edu/s/2MV)

# Tortilla Head



In this challenge, the aerodynamic design of standard **swim fins** will be worn by contestants, using the wide floppy end to propel a **tortilla** onto a **plate** strapped to their head.

At least one tortilla must land on the plate within sixty seconds to avoid elimination.

YouTube Video of Tortilla Head: [gvsu.edu/s/2MW](https://gvsu.edu/s/2MW)

# Volcano

(outside game)



In this challenge, the Minute to Win It volcano shoots a carbonated geyser of **diet soda**.

The contestant must stand on a chair and drop **mints** to land one in the inch-wide mouth of a soda bottle thus launching the chemical reaction.

Failure to complete this task in sixty seconds may result in the elimination.

YouTube Video of Volcano: [gvsu.edu/s/2MX](https://www.youtube.com/watch?v=gvsu.edu/s/2MX)



# Wet Ball



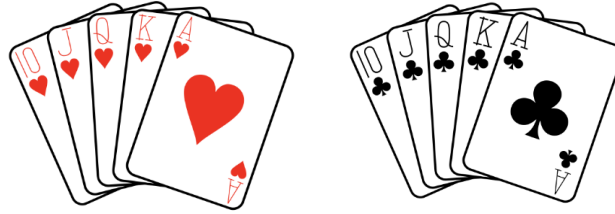
In this challenge, the contestant must use a common household **spray bottle** to spray water on a **balloon** to transport it across the stage to an awaiting **trash can**.

Be careful not to become trigger-happy; too much water on the balloon will weigh it down, causing it to crash.

Failure to complete this task in sixty seconds will result in elimination.

YouTube Video of Wet Ball: [gvsu.edu/s/2MY](https://www.youtube.com/watch?v=gvsu.edu/s/2MY)

# Wheel of a Deal



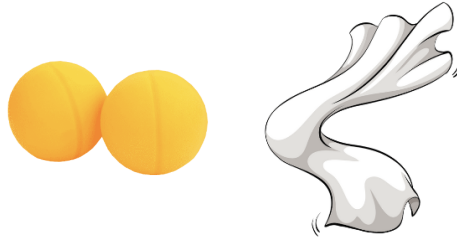
In this challenge, the contestant is not playing with a full **deck of cards**; only Aces, Kings, Queens, Jacks, and 10s.

The game begins with 20 cards lying face-down on a podium. The player must grab cards one at a time, and place them with the correct groups of cards: Aces with Aces, Kings with Kings, Queens with Queens, Jacks with Jacks, and 10s with 10s.

Failure to complete this task in sixty seconds will result in elimination.

YouTube Video of Wheel of a Deal: [gvsu.edu/s/2MZ](https://gvsu.edu/s/2MZ)

# Whipper Snapper



The whip-like snap of a **towel** is backed by enough speed and power to create a miniature sonic boom.

In this challenge, the contestant will use a towel attached to the floor to whip and launch a **ping pong ball** distanced 15ft into a **bucket**.

Failure to complete this task in 60 seconds may result in elimination.

YouTube Video of Whipper Snapper: [gvsu.edu/s/2N0](https://gvsu.edu/s/2N0)

# Yank Me



In this challenge, the contestant must place **index cards** between **four plastic cups** into a tower. Then, by yanking the cards out, they must get the cups to collapse into a stack.

Failure to complete this task in 60 seconds may result in elimination.

YouTube Video of Yank Me: [gvsu.edu/s/2N1](https://www.youtube.com/watch?v=gvsu.edu/s/2N1)