

Water Cup/Cookie Challenge

Materials:

- Plastic cups or cookies
- 2 buckets
 - a kiddie pool can also be used



Set Up/Directions:

- Start by laying down on your back.
- Place a plastic cup with water or a cookie on your forehead.
- K-2 - try to **sit up** without the water cup spilling or the cookie falling off.
- 3-5 - try to **stand** without the water cup spilling or the cookie falling off.
- If you sit up or stand up successfully, pour the water into the empty bucket and repeat until you fill the bucket.

Variations:

- In a seated position, place a cookie on your forehead. Without using your hands, try to move the cookie from your forehead all the way into your mouth!!
- Set up 2 stations and compete against another person or team.
 - Fill a bucket with water (place at the starting line) and place an empty bucket 20 feet away.
 - Fill the plastic cup with water.
 - Lay on your back and **hold** the plastic cup on your forehead.
 - Stand up while holding the water cup on your forehead. Run to the other bucket while holding the cup on your head and empty water into the bucket.
 - The team with the most water in the second bucket wins.