

## Minute to Win It

Game instructions and videos can be found at [www.nbc.com/minute-to-win-it/how-to/](http://www.nbc.com/minute-to-win-it/how-to/)

**Stack Attack** (Player must stack 36 plastic cups into a perfect triangle-shaped structure. Once that's completed, player must get the cups back into a single stack)

Equipment needed: 36 plastic cups

**Hangover** (Hang 6 hangers from a rod, from 1 to the other so that no hook rests in the corner of another hanger)

Equipment needed: 6 metal hangers / rod to hang them on

**Go the Distance** (Transport ping-pong balls across an extended tape measure so they rest in shot glasses at varying distances)

Equipment needed: 3 Ping pong balls/ 3 shot glasses / measuring tape

**Nose Dive** (Player must transfer cotton balls, 1 at a time from 1 serving bowl to another using only petroleum jelly on the nose)

Equipment needed: Cotton balls / Petroleum Jelly / 2 bowls

**Back Flip** (Catch increasingly larger sets of pencils, flipped off the back of your hand)

Equipment needed: 12 unsharpened pencils

**Caddy Stack** (Stack 3 golf balls 1 atop the other)

Equipment needed: 3 golf balls / level surface

**Spoon Frog** (Bang down on a spoon to propel another spoon into a glass)

Equipment needed: 6 teaspoons / 3 cups

**Breakfast Scramble** (Assemble the front of a cereal box that has been cut into 16 even pieces)

Equipment needed: Front of cereal box cut into 16 equal rectangular pieces

**Candelier** (Stack 5 levels of cans, starting with 1 on the bottom and 5 on the top, inserting a paper plate in between each level)

Equipment needed: 4 paper plates / 15 empty pop cans

**Moving on Up** (Player must hold a stack of yellow cups with 1 red cup at the bottom. Player must move cups 1 at a time from the top to the bottom of the stack, trying to cycle the red cup back to the bottom of the stack)

Equipment needed: 39 yellow/1 red plastic cups

**This Blows** (Player must continually blow up a balloon and expel the air from it to knock cups off of a table)

Equipment needed: 15 styrofoam cups / balloons

**Bobble Head** (With a pedometer attached to the forehead, move the head around to record 125 total "steps" in a minute)

Equipment needed: Pedometer & Head band

**Face the Cookie** (Using only the face, move a gingerbread cookie from your forehead to your mouth)

Equipment needed: Chair / gingerbread cookies

**Loner** (Player must lie on their stomach and roll 1 marble at a time to knock over 1 standing pencil)

Equipment needed: unsharpened pencil / marbles / 2 tape lines 15 ft apart

**Johnny Applestack** (Stack 5 apples on top of each other)

Equipment needed: 8 apples (only use 5 but gives choices of which ones to use)

**Nutstacker** (Player must slide the nuts off of a chopstick one at a time to make a tower)

Equipment needed: chopsticks / 6 metal nuts

**Floatacious** (In a big bowl of water, balance a tower of 5 empty soda cans on top of a plastic plate)

Equipment needed: Plastic plate / large bowl filled with water / 5 empty pop cans

**Cantagious** (Start with a stack of 3 empty cans in 1 hand, 3 full cans in the other. Without setting them down, transfer stacks into opposite hands)

Equipment needed: 3 empty pop cans / 3 full pop cans

**Wheel of a Deal** (Player must separate 20 playing cards into 5 groups of identical cards, 1 at a time. )

Equipment needed: Playing cards (4 each of 5 different cards) / 5 chairs or tables around a central table

**Junk in the Trunk** (Wiggle a box that is attached to your waist filled with ping-pong balls until the box is empty)

Equipment needed: Empty tissue box / housecoat belt / 8 ping pong balls

**A Bit Dicey** (Player must make a stack of 4-6 dice on a popsicle stick held between the teeth)

Equipment needed: Lrg wooden popsicle sticks / 6 dice

**Suck it Up** (Player must use only a flexible straw in his or her mouth to suck up chocolate covered candies and transport them 1 at a time from one table to another)

Equipment needed: Chocolate covered candies / Straws

**Defying Gravity** (Tap 3 balloons to keep them off the ground for a minute)

Equipment needed: 3 balloons + more to replace those that pop

Set up the stations at tables around a large room. Blow a whistle to start each challenge and blow the whistle at the one minute mark. You can make a score card to record which challenges are completed. Once you have completed the challenges, can the girls come up with their own using the equipment there?

Submitted by Charlene Nunemaker