



Minute To Win It With True North (Ages 8-14)

Activity: Face the Cookie

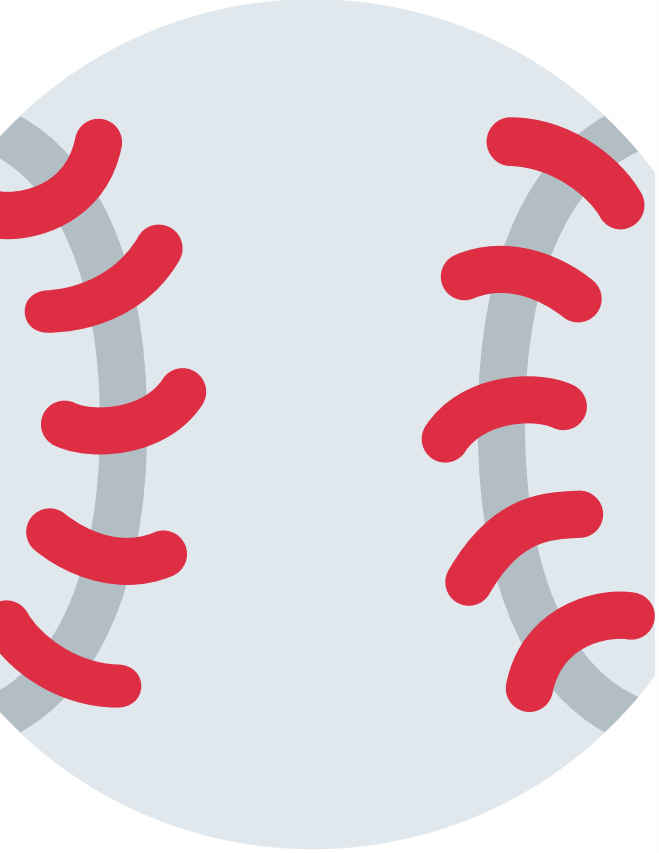
Equipment: A cookie per person

Description: Each player starts by tilting their head back and placing a cookie on their forehead. Without using their hands players will try to get the cookie to their mouth in under a minute.

To view the minute to win it video click [here](#).

Activity: Movin' on Up

Equipment: 8 - 12 plastic cups (one is a different colour than the rest)



Description: In this game, players start with the odd coloured cup at the bottom on the stack. Using alternating hands, one cup at a time players must take the cup at the top of the stack and add it to the bottom of the stack, all while holding the stack with their other hand. Players must try and get the odd coloured cup back to the bottom of the stack in under a minute. Add more cups to the stack to increase the difficulty.

To view the minute to win it video click [here](#).

Activity: Stack Attack


Equipment: 36 plastic cups

Description: The goal of this game is for players to create a pyramid using all 36 cups, they then must deconstruct the pyramid and place all of the cups in one stack. All of this is to be completed in under a minute. Use less cups if 36 is too difficult.

To view the minute to win it video click [here](#).

Activity: Suck It Up

Equipment: A straw and pieces of candy



Description: Players must suck through a straw to transport candies from one plate to another. See how many candies a player is able to transport in a minute.

To view the minute to win it video click [here](#).

Activity: Yank Me

Equipment: 4 cups and 3 index cards

Description: To start stack all 4 cups upside down with an index card in between each cup. Players try to yank the index card one at a time until there is one stack of 4 cups with no index cards in between. Have players try and complete this challenge in under a minute.

To view the minute to win it video click [here](#).

