



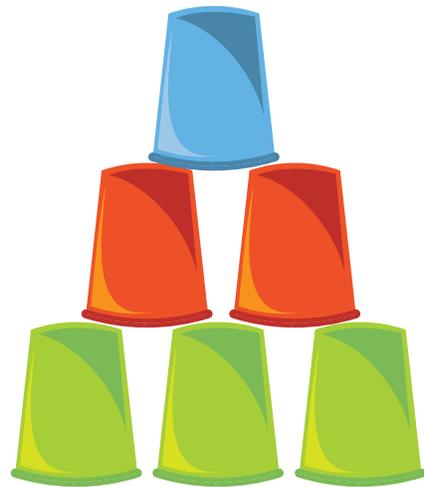
## minute TO win it

You can do this **fun activity** with two or more people! Once you have your group, get your **supplies**, have a way to **set a timer** for one minute (phone, watch, etc.), and **enjoy** going through each challenge! After you complete this, you can create your own **Minute to Win It Challenges** to enjoy!

### 1 Stack Attack

#### Materials:

- Cups
  - Timer
  - Hard surface/table
- ▶ Set up **10 cups** per each person competing
- ▶ **Compete** against your family members or friends to see who can **stack the cups up as fast as possible**.
- ▶ **Add** more cups to make it harder.



### 2 Suck It Up

#### Materials:

- Small candies/cotton balls/cut up paper/ any light and small object
  - Plates
  - Timer
  - Straws
- ▶ You will need **2 plates** per person competing.
- ▶ Place **10-15 items** from above on one **plate**.
- ▶ **Race** to see who can move all the pieces from one plate to the next, **only using the straw**.

Join us!

Follow along with us this summer on social media! [@victoryjunction](#)



Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag **#VJatHome**

### 3 Keep It Up

#### Materials:

- Straws
  - Light materials: feathers, cotton balls, pieces of paper, blown up balloon, blown up hospital glove, etc.
  - Timer
- ▶ Use a **straw** and try and keep one of the objects above, **up in the air** by slightly **blowing on it**.
- ▶ Use the **timer** and see who can keep their object in the air the **longest!**



### 4 Face the Cookie

#### Materials:

- Cookies, graham cracker, teddy graham, chips, any snack.
  - Timer
- ▶ **Tilt** your head back a little, and place whatever **snack** you have on hand, on **your forehead**.
- ▶ Move and tilt your head to **try and get your snack to your mouth**.
- ▶ **Time** you and your friends or family members to see who can do it the **fastest**.