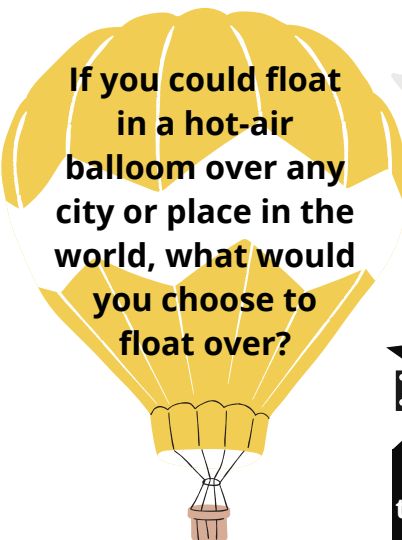




Fun Conversation Starters



If you could float in a hot-air balloon over any city or place in the world, what would you choose to float over?



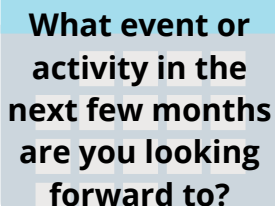
If snow could fall in any flavor what flavor would you choose?



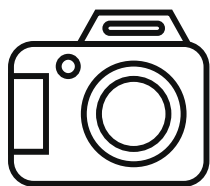
If we all lived in a zoo, what animals would be all be?



What is your all-time favorite scene from a movie?



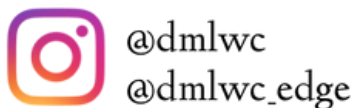
What event or activity in the next few months are you looking forward to?



We want to see all of the fun "Times Together"

Snap a photo with your family & friends and share it with us by tagging us on Facebook and Instagram! Or email photos to lvo@dmyfs.org to be featured

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PRESENTS

Time Together

Minute To Win It Challenge Games



Durham Middlefield
YOUTH & FAMILY SERVICES



Durham Middlefield
— LOCAL WELLNESS COALITION —

Activity Booklet Developed By: Lynna Vo

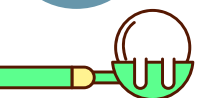
Minute to Win It Overview

This "Time Together" Kit was inspired by the television game show "Minute to Win It". Each player will have a minute to complete each challenge. Use the Challenge Tracker to keep track of who has completed the challenge. Use a timer that you have at

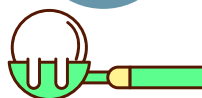
home or follow this link for an online timer!

<https://rebrand.ly/OnlineTimer>

Good luck! You have a Minute to Win It.



Cotton Ball Scoop



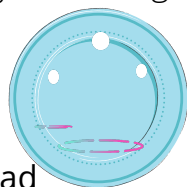
Materials Included in Kit

- Cotton Balls
- Scooper / Spoon
- Plate

What You Need From Home

- Blindfold / Eye covering

Instructions



- 1) Place Cotton Balls on table
 - 2) With one hand hold the plate on top of your head
 - 3) When the timer starts use the spoon or scooper to place as many cotton balls into the plate as you can
 - 4) On the Challenge Tracker write down how many cotton balls each player was able to place into the plate successfully
- Note:** To make challenge more difficult place a blindfold over player's eyes and use the ice cream scooper instead of the spoon



Defying Gravity



Materials Included in Kit

- 3 Balloons

What You Need From Home

- Blindfold / Eye covering

Instructions

- 1) Blow up and tie the end of 3 balloons
- 2) When the timer starts try to keep all the balloons in the air
- 3) On the Challenge Tracker write down how many balloons you were able to keep up in the air for the full minute

Note: To make challenge more difficult place a blindfold over player's eyes

Puzzle Scrambler

Materials Included in Kit

- Puzzle Mat

What You Need From Home

- Scissors

Instructions

1) Grab the Puzzle Mat and using a pair of scissors cut the mat into pieces to create a puzzle. Cut the mat into strips, squares, triangles or another fun shape!

2) Scramble all of the puzzle pieces
3) When the timer starts start solving the puzzle

4) On the Challenge Tracker write down how many pieces each player was able to complete of the puzzle.

Note: There are 2 sides to the Puzzle Mat the side with the word collage is more difficult than the side with just the DMYFS/DMLWC logos.



Balancing Chip Stacker

Materials Included in Kit

- Popsicle Sticks
- Red Stacking Chips



Instructions

- 1) Place one end of a popsicle stick in your mouth and have the other end straight out in front of you.
 - 2) When the timer starts start stacking the red chips on top of the popsicle stick. Your goal is to stack as many chips as you can on the stick without it toppling over.
 - 3) On the Challenge Tracker keep track of how many chips each player was able to stack on their popsicle stick.
- Note:** To make challenge more difficult use the thinner popsicle stick