



## Ermington Joey Scouts @ Home Program

This week get your family together for a night of Minute to Win It challenges. We have included a range of challenges to choose from, as some equipment you may not have available. Play individually, or make up small teams for the challenges. Adjust the rules to suit your family. Give any younger children more time to complete a challenge and record your efforts on the scoresheet - download from <https://www.facebook.com/groups/ErmingtonJoeys/>

See YouTube for how to play videos - <https://www.youtube.com/playlist?list=PL967E5FC0F16FCD6D>

Activity	Instructions	Equipment
<b><u>Blind Ball</u></b> Retrieve 2 balls whilst blindfolded.	<ol style="list-style-type: none"> <li>1. Prior to game start, player sits in chair and is blindfolded.</li> <li>2. The player spins around 3 times, and is then given an audio cue to begin the game.</li> <li>3. When game starts, the player may begin searching for a ball (from a standing position).</li> <li>4. The player may not crawl during the game.</li> <li>5. The player may not place ball under clothing.</li> <li>6. If a ball touches the floor at any time, it is out of play.</li> <li>7. If more than 1 ball touches the floor, the game is over resulting in failure.</li> <li>8. To complete the game, player must obtain 2 balls concurrently within the 60 second time limit and must retain possession for 3 consecutive seconds.</li> </ol>	4 x balls, blindfold
<b><u>Breakfast Scramble</u></b> Assemble the front of a cereal box that has been cut into 16 even pieces.	<ol style="list-style-type: none"> <li>1. Cut the front of a cereal box into 16 even rectangles and stack them face down in random order.</li> <li>2. When the clock starts, player must begin turning over pieces.</li> <li>3. If a puzzle piece falls on the floor during the challenge, the player must pick it up.</li> <li>4. To complete the game, player must assemble the pieces to recreate the original cereal box within the 60 second time limit.</li> </ol>	1 x cereal box
<b><u>Candy Elevator</u></b> Use an "elevator" made from 2 pencils and string, to lift 3 candies into the mouth.	<ol style="list-style-type: none"> <li>1. Place the pencils side by side and tie them together at each end so that there is several feet of string free.</li> <li>2. Set the pencils down. Place 3 candies in the middle and place each loose string over an ear.</li> </ol>	2 x pencils, 2 x pieces of string, at least 3 candy-coated candies

	<ol style="list-style-type: none"> <li>When the clock starts, player will raise the pencil elevator by pulling one string with the right hand, and the other with the left hand.</li> <li>Strings may not be held in the same hand, stepped on, crossed, or wrapped around any object other than the hand or fingers.</li> <li>If candy falls at any time the player loses.</li> <li>To complete the game, player must get all 3 candies into the mouth within the 60 second time limit.</li> </ol>	
<b><u>Card Ninja</u></b> Throw one playing card into a watermelon.	<ol style="list-style-type: none"> <li>Place the half watermelon so that the pink side is perpendicular to the ground.</li> <li>When the clock starts, player may begin tossing cards one at a time at the watermelon while standing behind a throw line.</li> <li>To complete the game, player must stick one card into the watermelon within 60 second time limit so that it stays that way for 3 seconds.</li> </ol>	half a watermelon, at least 1 deck of cards, throw line on the ground - at least 6 feet (1.8 metres) from the melon
<b><u>Christmas Cliffhanger</u></b> Blow standing Christmas cards across a table and get one to hang over the edge.	<ol style="list-style-type: none"> <li>Prior to game start, stand the cards horizontally along the edge of the table.</li> <li>When the clock starts, contestant may start blowing the first card.</li> <li>Player may not touch any card.</li> <li>To complete the game, player, using only his/her breath, must blow a card so that one side of the fold hangs over the edge of the table within the 60 second time limit and remains that way for 3 consecutive seconds.</li> </ol>	table, Christmas cards
<b><u>Defying Gravity</u></b> Tap 3 balloons to keep them off the ground for a minute.	<ol style="list-style-type: none"> <li>When the clock starts, player releases 3 balloons into the air.</li> <li>Player may not hold balloons, allow them to rest on the body, or hit the ground, or the game is over.</li> <li>To complete the game, player must keep all balloons off the ground for 60 seconds.</li> </ol>	3 x balloons (inflated)
<b><u>Don't Blow the Joker</u></b> Player must blow off 52 cards, leaving 1 on top of a glass bottle.	<ol style="list-style-type: none"> <li>Stack a deck of cards face down with a Joker face up on the bottom.</li> <li>Centre this stack of cards on the mouth of a glass bottle.</li> <li>When the clock starts, player begins blowing off cards off the stop of the stack.</li> <li>Player must not touch the cards or bottle.</li> <li>To complete the game, a player must blow all the cards off the stack, leaving only the Joker atop the bottle within the 60 second time limit and it must remain there for 3 seconds.</li> </ol>	1 glass bottle, 1 deck of 52 cards plus a Joker card
<b><u>Double Trouble</u></b>	<ol style="list-style-type: none"> <li>Set glasses 6 cm apart.</li> </ol>	container of ping pong balls, 2 x

Using 1 hand, toss 2 balls at the same time so that they land in 2 separate pint glasses.	<ol style="list-style-type: none"> <li>When the clock starts, player may use both hands to position ping pong balls into the designated throwing hand.</li> <li>Only 2 balls may be thrown at a time.</li> <li>Balls must bounce at least 60cm away from the glasses.</li> <li>To complete the game, player must toss 2 balls in a single throw, with a single hand within the 60 seconds so they land in the 2 glasses after a single bounce.</li> </ol>	pint glasses, table
<b><u>Face the Cookie</u></b> Move 3 cookies from your forehead to your mouth.	<ol style="list-style-type: none"> <li>Prior to the game start, the player must be seated in the chair with hands on knees and cookie will be placed on forehead by another person.</li> <li>Starting cookie position must always be in the centre of the forehead, not touching the eyebrows. If a starting cookie is not in this designated position the cookie will not count toward the final score.</li> <li>Game begins on audio prompt.</li> <li>Once the game begins, the player may use only their head to manipulate the cookie.</li> <li>The cookie must remain in contact with the face at all times (i.e. may not be tossed from the forehead and caught in the mouth).</li> <li>If a cookie falls, the player must start over with an intact cookie.</li> <li>If a player successfully scores a cookie in the mouth, a new intact cookie must be used for the next attempt.</li> <li>To complete the game, the player must three times hold an intact cookie with his or her mouth within the 60 second time limit.</li> </ol>	at least 3 cookies
<b><u>Hangnails</u></b> Hang 6 nails off a string.	<ol style="list-style-type: none"> <li>Prior to game start set up the string between 2 chairs (door knobs or walls).</li> <li>Prior to game start, player stands in designated start zone with hands at sides.</li> <li>Once game begins, the player may grab the first nail.</li> <li>Player may use both hands and hold more than one nail in hand at a time.</li> <li>Nails must hang within the designated zone to count towards player total.</li> <li>Nails may fall off the string but only nails remaining on the string will count towards the final score.</li> <li>To complete the game, 10 nails must hang concurrently from the string within the 60 second time limit and must concurrently remain on the string for 3 consecutive seconds.</li> </ol>	flathead nails, string
<b><u>Keep It Up</u></b> Keep two feathers up in the	<ol style="list-style-type: none"> <li>Prior to game start, player stands holding 2 feathers. An audio cue will signal the player to release the feathers.</li> </ol>	2 feathers

air.	<ol style="list-style-type: none"> <li>2. Clock will start once both feathers are released by player.</li> <li>3. If feathers clump together for longer than 5 seconds, the game will be reset.</li> <li>4. A feather briefly touching a player's face will be permissible, but any other contact between a player's body and the feather will result in failure.</li> <li>5. To complete the game, player must use only his or her breath to keep both feathers from touching the ground for the entire 60 seconds.</li> </ol>	
<u><b>Loner</b></u> Knock down a pencil with a marble.	<ol style="list-style-type: none"> <li>1. Prior to game start, player will be lying down on their stomach with their hands on the ground resting in front of them, behind the foul line. Stand the pencil up, about 1.5 - 2.0 metres from the foul line.</li> <li>2. Once the game begins, the player will grab one marble and roll it towards the pencil.</li> <li>3. Player must use the same designated hand to roll the marbles throughout the game. Player may hold and release only one marble at a time from the designated throwing hand.</li> <li>4. If pencil is knocked over by a marble that is released over the foul line it will result in failure.</li> <li>5. Player must remain lying down during the entire game.</li> <li>6. To complete the game, the player must knock down the pencil with a marble within the 60 second time limit.</li> </ol>	20 marbles, 1 pencil
<u><b>Magic Carpet Ride</b></u> Slalom an obstacle course on a bath mat.	<ol style="list-style-type: none"> <li>1. Prior to game start, player is seated on the mat in the designated start zone with no body parts directly touching the floor.</li> <li>2. Once game begins, the player may begin moving with the bath mat in the designated "inchworm" manner.</li> <li>3. Player may not make forward progress while touching the floor directly with any part of the body.</li> <li>4. Player must slalom in either direction around all 3 markers (can use some tins) and then return slalom past the same 3 markers.</li> <li>5. If player's foot or any other part of the body comes off the mat during the game, they must immediately stop and place themselves correctly back on the mat before continuing the game.</li> <li>6. To complete the game, player must slalom the course to the end and back and the bath mat must cross the start/finish line entirely within the 60 second time limit.</li> </ol>	1 standard bath mat, 1 obstacle course (3 tins)

<p><b><u>Movin On Up</u></b> Move a red cup up a stack of blue cups and return to original position.</p>	<ol style="list-style-type: none"> <li>1. Prior to game start, player must be in a standing position and holding the stack of cups with both hands only on the red cup at the bottom of the stack.</li> <li>2. Once game begins, player grabs a single cup from the top of the stack, and places it onto the bottom of the stack.</li> <li>3. Player must move cups, one at a time, alternating hands.</li> <li>4. If a player completely removes more than one cup at a time from the stack, (whether grabbing multiples, or dropping to the floor) all cups outside of the stack must be placed on the top of the stack before a cup may be placed at the bottom. <ul style="list-style-type: none"> <li>a) To receive credit for placing cups on top of the stack, they must be placed, then the hand placing them removed before they can be touched again.</li> </ul> </li> <li>5. Though players may bend over to pick up dropped cups, the player may not sit, kneel or place the stack on the ground. The game is to be played from a standing position.</li> <li>6. To complete the game, the red cup (after travelling upward through the stack) must be removed from the top and placed on the bottom of the stack AND the entire stack must be held in only one hand via the red cup within the 60 second time limit.</li> </ol>	<p>39 blue cups, 1 red cup</p>
<p><b><u>Noodling Around</u></b> Pick up six penne noodles placed around the perimeter of a table using only a piece of uncooked spaghetti in your mouth.</p>	<ol style="list-style-type: none"> <li>1. Prior to game start, player must stand with hands at sides.</li> <li>2. Once the game begins, the player may grab the spaghetti noodle and place it into their mouth.</li> <li>3. Once the spaghetti noodle is placed in their mouth, the player may not use their hands to complete the game.</li> <li>4. The player must be careful not to break the spaghetti. Should the spaghetti break, the game may continue, but all six penne noodles must still fit onto the spaghetti noodle outside of the mouth.</li> <li>5. Penne may fall off spaghetti during an attempt, but only remains in play if it lands directly on the table.</li> <li>6. Penne may touch lips, but may not enter the mouth.</li> <li>7. To complete the game, the player must hold a spaghetti noodle with the mouth while picking up and holding six pieces of penne with it, so that they remain concurrently on the spaghetti within the allotted 60-second time limit and remain that way for three consecutive seconds.</li> </ol>	<p>6 x pieces of penne pasta (uncooked), 1 piece of spaghetti (uncooked), 1 small table</p>

<p><b><u>Nose Dive</u></b> Transport 5 cotton balls between balls, using nose dipped in Vaseline.</p>	<ol style="list-style-type: none"> <li>1. Prior to game start, player must be standing in front of table with hands at side.</li> <li>2. Once game begins, player may begin dipping nose into Vaseline. a) Player may only apply Vaseline to nose by dipping nose in Vaseline.</li> <li>3. Player must transfer one cotton ball at a time via the nose from the start bowl to the end bowl. a) If a player transports more than one cotton ball at a time, any cotton balls deposited into the bowl on that attempt will not count towards the player's total.</li> <li>4. If a cotton ball falls on the table or floor, the player must get a new cotton ball from the start bowl.</li> <li>5. Player must deposit cotton ball in the end bowl directly from the nose without coming into contact with any other body part or object.</li> <li>6. If a player touches a cotton ball with the hands they will be disqualified.</li> <li>7. To complete the game, player must transport five cotton balls from the start bowl to the end bowl as described above, with all 5 cotton balls in the bowl concurrently within the 60 second time limit.</li> </ol>	<p>5 cotton balls, Vaseline (petroleum jelly), 2 bowls</p>
<p><b><u>Paper Scraper</u></b> Player must build a tower of index cards, with each level consisting of two pre-bent cards with a flat card on top.</p>	<ol style="list-style-type: none"> <li>1. Set up the cards by bending 20 of them in half horizontally.</li> <li>2. When the clock starts, player must begin building a tower with each level consisting of two pre-bent index cards placed on their long side with 1 index card flat on top.</li> <li>3. Player may not make additional creases in the cards.</li> <li>4. To complete the game, the player must build a 10 story structure within the 60 second time limit, and the structure must remain intact for 3 consecutive seconds.</li> </ol>	<p>30 index cards</p>
<p><b><u>Puddle Jumper</u></b> Blow (3) ping pong balls floating on top of (3) full cups of water onto the top of (3) other full cups of water a slight distance away.</p>	<ol style="list-style-type: none"> <li>1. Prior to the game start, place full cups of water in pairs a slight distance apart (at 7.5cm, 15cm and 22.5cm distances apart).</li> <li>2. When the clock begins, the player places a ping pong ball into the first cup and attempts to blow it onto the cup across from it.</li> <li>3. Only one ball may be placed at a time.</li> <li>4. To complete the game, blow a ping pong ball onto each of the full cups within the 60 second time limit.</li> </ol>	<p>6 x full cups of water, ping pong balls</p>
<p><b><u>Rapid Fire</u></b></p>	<ol style="list-style-type: none"> <li>1. Once game begins, player may grab the first rubber band.</li> </ol>	<p>rubber bands, soft drink cans</p>

Knock 6 soft drink cans off a table using rubber bands.	<ol style="list-style-type: none"> <li>2. Player must stay out of designated zone for the duration of the game.</li> <li>3. Player may hold more than one rubber band in their hands at a time, but may only shoot one rubber band at a time. <ol style="list-style-type: none"> <li>a) Hitting a can as a result of shooting multiple bands at once will result in failure of the game.</li> </ol> </li> <li>4. To complete the game, player must clear the table of all cans within the 60 second time limit.</li> <li>5. Any rubber band released from the hand within the 60 second time limit may count toward completion of the game.</li> </ol>	
<u><b>Separation Anxiety</b></u> Sort 50 M&Ms into the correct colour-coded glass.	<ol style="list-style-type: none"> <li>1. Prior to game start, player must have hands at sides.</li> <li>2. Once game begins, player may lift overturned glass containing M&amp;Ms and begin placing them one at a time in the corresponding colour-coded glasses using only one designated hand in the following order: red, orange, yellow, green, blue.</li> <li>3. If an M&amp;M is placed in a wrong colour-coded glass or if an M&amp;M is placed in a glass in the wrong order then the player loses the game.</li> <li>4. Player may only have one M&amp;M in the designated hand at any time.</li> <li>5. Player may only use the one designated hand and may not use the other hand during the game.</li> <li>6. If an M&amp;M falls off the table the player must retrieve that M&amp;M and place it into the corresponding glass in the correct order.</li> <li>7. To complete the game, player must place all 50 M&amp;Ms in the corresponding colour-coded glasses in the correct order using only one designated hand within the 60 second time limit. <ol style="list-style-type: none"> <li>a) any M&amp;Ms released from the hand within the 60 second time limit may count towards the final score.</li> </ol> </li> </ol>	1 pack of M&Ms, 6 glasses
<u><b>Sharp Shooter</b></u> Use rubber bands to knock over 3 ace playing cards standing on 3 clothespins.	<ol style="list-style-type: none"> <li>1. Place each Ace in mouth of clothes pin and set it upright on table.</li> <li>2. Throw line is 8 feet (2.4 metres) from table.</li> <li>3. When clock starts, player can shoot 1 rubber band at a time at the cards.</li> <li>4. To successfully complete the game, player shoots rubber bands to knock all Aces off table.</li> </ol>	3 Ace playing cards, 3 clothespins, table, rubber bands, throw line
<u><b>Spoon Frog</b></u> Bang down on a spoon to	<ol style="list-style-type: none"> <li>1. Set up 3 glasses in a row.</li> <li>2. When the clock starts, player may begin arranging spoons and banging down</li> </ol>	at least 6 spoons, 3 x glasses

propel another spoon into a glass.	<p>on them to propel them into the glass.</p> <ol style="list-style-type: none"> <li>3. Player must make a single motion, making contact with 1 spoon when catapulting the spoon into the glass.</li> <li>4. The spoon must land in the bottom of the glass to count.</li> <li>5. To complete the game, player must land 1 spoon into each of the 3 glasses and they must remain there concurrently within the 60 second time limit.</li> </ol>	
<p><b><u>Stack Attack</u></b></p> <p>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.</p>	<ol style="list-style-type: none"> <li>1. When the clock starts, player must begin stacking cups into a pyramid shape.</li> <li>2. When the triangle is complete, with 1 cup at the top, 2 cups below it, and so on, the player may begin to get the cups into a single stack.</li> <li>3. To complete the game, the player must build a complete pyramid using all of the cups, then get all the cups back into a single stack within the 60 second time limit.</li> </ol>	36 x plastic cups
<p><b><u>This Blows</u></b></p> <p>Knock 15 plastic cups off a table, using the air from a balloon</p>	<ol style="list-style-type: none"> <li>1. Prior to game start, player stands in designated start zone with hands at sides.</li> <li>2. Once game begins, player may grab a balloon and start inflating it.</li> <li>3. Player must play game from designated side of table.</li> <li>4. Player may only knock a cup off the table by using the air from the balloon.</li> <li>5. Player may not use table to compress air from a balloon.</li> <li>6. If player bangs on table or makes contact with a cup using either the balloon or their body the game is over.</li> <li>7. Player may switch out balloon for another balloon at any time. Player may only use one balloon at any time.</li> <li>8. To complete the game, the player must knock all cups off the table using only air from the balloon with the 60 second time limit.</li> </ol>	1 balloon, 15 plastic cups
<p><b><u>Yank Me</u></b></p> <p>Stack 5 cups and 4 index cards in a tower, then remove cards from the top down, until cups are assembled in 1 stack on the table.</p>	<ol style="list-style-type: none"> <li>1. When clock starts, player begins to stack a tower consisting of upside down cups topped with index</li> <li>2. Once tower is completed, player must pull card out from tower 1 at a time, starting from top, until all cups nest together.</li> <li>3. To complete game, cards must be completely removed, and cups must form a single stack within 60 second time limit.</li> </ol>	5 plastic cups, 4 index cards