



Cup Stack Attack

ITEMS NEEDED 10 plastic or paper cups; timer

THE GOAL Build and take down a cup pyramid before the minute ends.

HOW TO PLAY

- 1 Start with all 10 cups nested in one stack.
- 2 Build a 4-3-2-1 pyramid on the table.
- 3 Take the pyramid down and return all cups to one stack.
- 4 Finish within 60 seconds to complete the challenge.

PLAY FOR 60 SECONDS | CHEER EACH OTHER ON | HAVE FUN FOR A GREAT CAUSE



Penny Tower

ITEMS NEEDED

25 pennies; flat table; timer

THE GOAL

Stack as many pennies as possible in one freestanding tower.

HOW TO PLAY

- 1 Place the pennies in a pile beside the playing area.
- 2 Using only one hand, stack pennies one at a time.
- 3 If the tower falls, begin a new tower and keep going.
- 4 Your score is the number of pennies standing when time expires.





Paper Clip Chain

ITEMS NEEDED

A bowl of paper clips; timer

THE GOAL

Create the longest connected paper clip chain in one minute.

HOW TO PLAY

- 1 Begin with all paper clips separated in the bowl.
- 2 Link the clips together one at a time.
- 3 Use either hand, but connect only one clip at a time.
- 4 Count the clips in the completed chain after 60 seconds.

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Sticky Note Sprint

ITEMS NEEDED

25 sticky notes; wall or poster board; timer

THE GOAL

Make as many sticky notes stay on the target surface as possible.

HOW TO PLAY

- 1 Stand at the marked starting line with the sticky notes.
- 2 Place notes on the wall or poster board one at a time.
- 3 Press each note using one hand only before grabbing the next.
- 4 Only notes still attached when time expires count.

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Cotton Ball Scoop

ITEMS NEEDED

2 bowls; cotton balls; plastic spoon; timer

THE GOAL

Move the most cotton balls from one bowl to the other.

HOW TO PLAY

- 1 Place the bowls about 18 inches apart.
- 2 Hold the spoon in one hand and keep the other hand behind your back.
- 3 Move one cotton ball at a time using only the spoon.
- 4 Balls dropped outside the bowl do not count.



Rubber Band Bullseye

ITEMS NEEDED

Rubber bands; 3 paper cups; tape; timer

THE GOAL

Land the most rubber bands around the target cups.

HOW TO PLAY

- 1 Set the cups upright and mark a throwing line 4 feet away.
- 2 Toss rubber bands one at a time toward the cups - do not snap them.
- 3 A band scores when it lands around a cup or remains inside one.
- 4 Count all scoring bands after 60 seconds.





Sort It Out

ITEMS NEEDED

Mixed paper clips, binder clips, coins and rubber bands; 4 cups; timer

THE GOAL

Sort the mixed office supplies into the correct cups.

HOW TO PLAY

- 1 Place all mixed items in one pile and label a cup for each type.
- 2 Using one hand, pick up and sort one item at a time.
- 3 Incorrectly sorted items do not count.
- 4 Your score is the total number correctly sorted in one minute.

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Index Card Tower

ITEMS NEEDED

20 index cards; flat table; timer

THE GOAL

Build the tallest freestanding tower using only index cards.

HOW TO PLAY

- 1 Begin with all cards flat on the table.
- 2 Fold, bend or lean the cards, but do not tear them or use tape.
- 3 The tower must stand on its own for at least 3 seconds.
- 4 Measure or compare the tower when the minute ends.



Straw Transfer

ITEMS NEEDED

2 bowls; drinking straw; small paper squares; timer

THE GOAL

Move the most paper squares between bowls using only suction.

HOW TO PLAY

- 1 Place the bowls 12 inches apart and put all squares in one bowl.
- 2 Use your own straw to lift one paper square by suction.
- 3 Carry it to the empty bowl and release it inside.
- 4 Hands may not touch the paper squares during play.





Pencil Balance

ITEMS NEEDED

6 unsharpened pencils; timer

THE GOAL

Balance all six pencils across the back of one hand.

HOW TO PLAY

- 1 Place one hand flat with the palm facing down.
- 2 Use the other hand to position pencils across the back of the flat hand.
- 3 Add pencils one at a time without letting any fall.
- 4 Hold all six in place for 3 seconds to win.

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Bounce Into the Cup

ITEMS NEEDED

5 plastic cups; ping-pong balls; table; timer

THE GOAL

Bounce ping-pong balls into as many cups as possible.

HOW TO PLAY

- 1 Arrange the cups together at the far end of the table.
- 2 Stand behind the marked line at the opposite end.
- 3 Bounce each ball once on the table before it enters a cup.
- 4 Score one point for each successful landing.





Paper Airplane Landing

ITEMS NEEDED

1 sheet of paper; wastebasket; tape; timer

THE GOAL

Build a paper airplane and land it in the basket.

HOW TO PLAY

- 1 Place the wastebasket 6 feet behind a marked throwing line.
- 2 When the timer starts, fold the paper into an airplane.
- 3 Throw from behind the line and retrieve misses yourself.
- 4 Land the plane completely inside the basket before time expires.



Dice Stack

ITEMS NEEDED

6 dice; craft stick or plastic spoon; timer

THE GOAL

Stack six dice on the end of a handheld craft stick or spoon.

HOW TO PLAY

- 1 Hold the craft stick or spoon level in one hand.
- 2 Use the other hand to stack dice one at a time on the far end.
- 3 If the stack falls, reset and continue while time remains.
- 4 Hold all six dice for 3 seconds to win.



Eraser Curling

ITEMS NEEDED

Pencil-top erasers; tape; table; timer

THE GOAL

Slide erasers into the scoring zone without sending them off the table.

HOW TO PLAY

- 1 Use tape to mark a 6-inch scoring zone near one end of the table.
- 2 From the opposite end, slide erasers one at a time toward the zone.
- 3 An eraser counts only if it stops fully inside the taped area.
- 4 Score one point for each successful eraser after 60 seconds.

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A-to-Z Office Race

ITEMS NEEDED

Paper; pen or pencil; timer

THE GOAL

Write an office-related word for as many letters as possible.

HOW TO PLAY

- 1 Write the alphabet down the left side of the page before starting.
- 2 When time begins, add one office-related word beside each letter.
- 3 Skip difficult letters and return to them if time allows.
- 4 Score one point for every clear, unique and valid word.



Flip the Cup

ITEMS NEEDED

1 plastic cup; table; timer

THE GOAL

Complete the most successful cup flips in one minute.

HOW TO PLAY

- 1 Place the cup upright at the table edge with part of its base overhanging.
- 2 Flick the cup upward from the bottom edge so it rotates once.
- 3 A point is earned each time the cup lands upright on the table.
- 4 Reset after every attempt and count your successful landings.

