Minute to Win It Supplies and Steps

* Cereal Puzzle- Cut up a cereal box into small pieces and see if you can reassemble them in under 1 minute!
	+ Supplies: Cereal box, scissors, and a timer
	+ Adaptations: Take picture of cereal box before cutting to refer to while building the puzzle
* Chop Stick Pick Up- Place two plates beside each other. Place about 20 pieces of small candy like candy corn, M&Ms, or skittles on one plate. Using chop sticks, transfer the pieces of candy to the other plate!
	+ Supplies: Small candy (candy corn, M&Ms, skittles, etc.), two plates, chopsticks, and a timer
	+ Adaptations: Use tongs or a spoon instead of chop sticks
* Noodle Pick Up- Place uncooked penne pasta on the edge of a table. Try to pick up the uncooked penne noodles using an uncooked spaghetti noodle in their mouth. See how many penne pieces you can get on your spaghetti noodle in one minute!
	+ Supplies: Uncooked spaghetti noodles, uncooked penne pasta, and a timer
	+ Adaptations: Use your hand instead of your mouth
* Cookie face- Place a small cookie (Ritz cracker, Oreo, Nilla wafers, etc.) on your forehead and try to get it into your mouth without using your hands. See if you can do it under a minute!
	+ Supplies: Small cookie and a timer
	+ Adaptations: Start by placing the cookie on your cheek
* Junk in the Trunk- Connect a tissue box to a ribbon or string and tie around your waist. Place balls like ping pong or bouncy balls in the tissue box. See if you can shake them all out in under a minute without using your hands!
	+ Supplies: Tissue box, belt or ribbon, scissors, rocks or balls (ping pong balls or bouncy balls), and a timer
	+ Adaptations: Hold the tissue box in your hand and try to shake out the balls in under a minute

You can also play with a friend or family member and compete in the Minute to Win It games!