

# Minute-To- Win-It (Holiday Edition)

## Part 1 Minute-To-Win-It

### Game 1: M&M Sorting

- Materials
  - Package of M&Ms
  - Paper towel
- Goal: to sort the M&Ms by color in one minute
- Adaptability
  - Make it easier: can use half a package of M&Ms
  - Make it more challenging: sort two packages of M&Ms

### Game 2: Get Messy

- Materials
  - Plate
  - Whip cream
  - 10 M&Ms
  - Paper towel
- Goal: to find and eat all 10 M&Ms hidden in the whip cream only using your mouth in one minute
- Adaptability
  - Make it easier: can use fingers to find the M&Ms or hide only 5 M&Ms
  - Make it more challenging: have someone else hide the M&Ms or hide 15 instead

### Game 3: Snow Shovel

- Materials
  - Plastic spoon
  - Mini marshmallows
  - Two bowls
- Goal: transfer 10 mini marshmallows from bowl to bowl only using your mouth and spoon in one minute
- Adaptability
  - Make it easier: scoop while holding spoon in hand
  - Make it more challenging: scoop 15 marshmallows

## **Part 2 Minute-To-Win-It**

### **Game 4: Cup Stacking**

- Materials
  - 15 plastic cups
- Goal: stack the cups all the way up, let go for 3 seconds and stack them back down into one stack in one minute
- Adaptability
  - Make it easier: use only 10 cups (4-3-2-1)
  - Make it more challenging: use 21 cups (6-5-4-3-2-1)

### **Game 5: Candy Cane Transfer**

- Materials
  - 6 Candy canes
  - Bowl
- Goal: transfer 5 candy canes from a bowl to the table using only your mouth and the end of the extra candy cane in one minute
- Adaptability
  - Make it easier: put the candy cane in hand to try to hook the other ones
  - Make it more challenging: start with the candy canes on the table and transfer them to the bowl

### **Game 6: Marshmallow Toss**

- Materials
  - 1 mug
  - Bowl
  - Mini marshmallows
- Goal: throw 10 mini marshmallows into the mug in one minute
- Adaptability
  - Make it easier: put the mug closer to the bowl
  - Make it more challenging: put the mug further away from the bowl