

## GiGi's Playhouse Teen Tastic- Minute-to-Win-it!

### Ice Breaker- Tell Us

Roll two colored dice. The color with the largest number on it will have the group "Tell Us" from the statements below! (program leader will roll dice and ask program participants to socially discuss the answers to these questions, goal engage in conversation. If you do not have colored dice at home use regular dice and change the colors to numbers or use a deck of cards by suit)

**Red**- what is something you do well or are proud of?

**Orange**- what is your favorite healthy snack?

**Yellow**- what is your favorite movie to watch or song to sing?

**Pink**- how have you been learning at home?



Fargo, ND

## Teen Tastic 13 to 17-year old

### **Minute-to-Win-It Challenges**

Items needed to participate at home (you can substitute items if you do not have exactly what is listed):

Big/little paper plates, medium cups, balloons, mini marshmallows, plastic large cups, basket, feathers, bowls, plastic spoons, cotton balls, Legos, timer, mitten, Cheerios, pipe cleaners.

There are 8 challenges, so eight minutes of fun with our friends! Each challenge will be timed for one minute by program leader. After each task we are going to discuss with our peers or family members challenges and brainstorm ways we could have been more successful with the challenge.

Fargo, ND

**1. Cup Stack (1 person):**

You will need medium cups to complete this game. We recommend red solo or plastic cups. Also, paper plates. When I say go place two cups upside down and create a stack by alternating next with paper plate then one cup then paper plate. Continue this pattern to see how many cups you can stack in one minute. Bonus blow up balloon to knock down stacked cups.



Talking points after challenge:

- Who created the tallest tower?
- How did you get cups to balance?
- Why does the balloon knock the cups over?

Fargo, ND

**2. Balloon Game (more than one person):**

Blow up 3 to 4 balloons. Make sure you have a safe area where furniture is not in the way. Toss 3 or 4 balloons in the air and try to keep them in the air without touching the ground. With physical distancing we suggest doing this solo, but your siblings or parents can take the challenge with you.



- Did you keep the balloons up the whole minute?
- What helped you keep all balloons off the ground?
- Which worked better, bopping the balloon harder so it went higher or softer so it stays low?

Fargo, ND

**3. Marshmallow Toss (2 people so have parent or sibling assist):**

Stand across from your partner. Stand 4 feet distance between you (practice CDC recommendations so 6 feet is recommended).

One person will have a medium/large size cup (red solo cups work best).

One person will be across from them with a pile of mini marshmallows. We will start with ten. The person with the marshmallows will throw them to the person with the cup. The person with the cup will have to catch the marshmallows using only the cup (which should be empty). Each teammate should get to be the tosser and the catcher.



- What does it mean to be a good teammate?
- Was it more challenging throwing in the cup or catching?
- How did you work together to accomplish the challenge?

Fargo, ND

**4. Birds of a Feather: (1 person do a race at home with parent or sibling)**

You will need a feather or cotton ball to complete this game. At a table you will set a basket on the opposite end of the table. You will go back to the other side of the table. When we say go you will have one minute to blow the feather (or cotton ball) across the table into the basket. See how many you can get in the basket in one minute!



- How many feathers/cotton balls did you get in the basket?
- What do you think could make this game easier?
- Did how hard or soft you blow make a difference? What is a good strategy to get your object to move?

**5. Shovel Snow (1 person):**

Sit down at the table. You will need a bowl (cereal size), plastic spoon and cotton balls. Place the bowl in front of you. Spoon will go in your mouth by the handle. Fill the bowl with cotton balls. When time starts your goal is to move as many cotton balls out of the bowl with using your mouth and spoon. No hands for this activity. Who is ready?

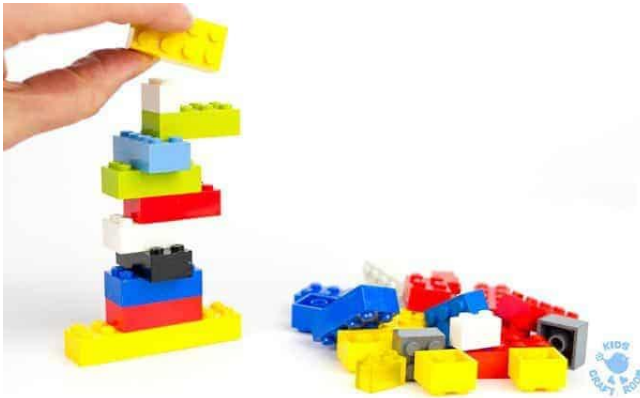


- How many cotton balls were you able to remove in one minute?
- What was the most challenging?
- Do you think if you did another minute you could remove more?

Fargo, ND

**6. Lego Tower (more than one person):**

You will need your Legos and one mitten for this game. The goal of this game is to build the highest tower in one minute with only ONE hand. To avoid using your other hand you can use mitten on your hand or put your hand behind your back! Who thinks they can build the tallest tower?  
Alright one minute...ready, set, GO!



- How tall is your tower?
- What did you think about only using one hand?
- Do you think you could build a tower with your opposite hand? Will it be bigger or smaller?





Down Syndrome Achievement Centers  
educate. inspire. believe.

## Teen Tastic 13 to 17-year old

Fargo, ND

### 7. Cheerio Bracelet (1 person):

You will need a pipe cleaner or string and Cheerios or another cereal with an open circle in the middle. In one minute and with ONE hand let's see if you can make a bracelet with a pipe cleaner and Cheerios. Again, could use the mitten on your other hand. Who thinks they can fill their bracelet in one minute?



- How many Cheerios did you get on your bracelet?
- Was it challenging to use one hand?
- Do you think you can get more Cheerios on the bracelet if you could use two hands?

Fargo, ND

**8. Plate Race (more than one person):**

You will need two paper plates to complete this challenge. Move from one side of the room to the other by only stepping on 2 paper plates. The idea is to start on 1 plate and step to the other. Then pick up the last plate, put it in front of you and step onto it. Repeat for one minute to see if you can go across the room and back.



- How many times did you go across the room?
- What strategy (plan) did you find the most helpful to move across the room?

Fargo, ND

### Healthy Snack:

#### Banana Sushi

- 2 tbsp smooth peanut butter (can substitute almond butter)
- 1 banana
- ¼ cup crisp rice cereal

#### Directions:

1. Peel banana.
2. Spread peanut butter over the outside of the banana, and then roll in cereal until coated.
3. Cut into thick slices and serve with milk.





Down Syndrome Achievement Centers  
educate. inspire. believe.

---

Fargo, ND

## Teen Tastic 13 to 17-year old

Closing: End in conversation about minute to win it games! Which game was your favorite, what did you learn from the activities and did you have to adjust anything to complete the challenge successful? Lastly, let's give our friends a compliment (example, you did a great job on the balloon game). At home you can ask your siblings, caretaker or parent/guardian these questions or Facetime/Zoom a Playhouse friend to complete these games together at home.



Down Syndrome Achievement Centers  
educate. inspire. believe.

---

Fargo, ND

## Teen Tastic 13 to 17-year old

### Materials Needed:

- Big and little paper plates
- Medium cups (plastic cups, red solo)
- Large plastic cups (red solo work)
- Balloons (4)
- Mini marshmallows
- Small or Medium Basket or Bucket
- Feathers or cotton balls (15)
- Plastic or paper bowls
- Plastic spoon
- Legos
- Mitten
- Cheerios
- Pipe Cleaner or String
- Timer

### Snack Items:

- Smooth peanut butter or almond butter
- Crispy cereal (Rice Krispies, crushed Cheerios, Crushed Chex)
- Banana



Down Syndrome Achievement Centers  
educate. inspire. believe.

---

Fargo, ND

## Teen Tastic 13 to 17-year old

### Resources:

Kids Craft Room. (<https://kidscraftroom.com/minute-to-win-it-lego-games/>).

Kid Friendly Things To Do. Kid Friendly Easy Minute to Win it Games for Your Party. (<https://kidfriendlythingstodo.com/kid-friendly-easy-minute-win-games-party/>)

Mascott, Amy. Teachmama. Minute to win it games for kids and family. (<https://www.pinterest.com/pin/459507968221401590/>)

Milk Life: Peanut Butter and Banana Breakfast Sushi. (<https://milklife.com/articles/recipe/peanut-butter-and-banana-breakfast-sushi-recipe>)

She's Crafty, Minute to Win it Games. (<https://www.shescraftycrafty.com/2016/02/minute-to-win-it-games-for-teens.html>)

Super Fun Kid Friendly Minute to Win It Games with Winter and Christmas Theme. (<https://kidfriendlythingstodo.com/super-fun-kid-friendly-minute-to-win-it-games-with-a-winter-and-christmas-theme/>)

The Chaos and the Clutter. Minute to Win It Games Christmas Edition. (<https://www.thechaosandtheclutter.com/archives/minute-to-win-it-christmas-games>)

Thirdgradethinkers8.blogspot.com (<https://www.pinterest.com/pin/204562008049381801/>)

Your Therapy Source. (<https://www.yourtherapysource.com/blog1/2016/05/22/3-movement-activities-using-paper-plates/>)