

Minute to win it

These challenges should be done as quickly as you can and timed to see if you can beat your time. The maximum time is one minute.

- **Biscuit face** – place a biscuit on your forehead and try to get it into your mouth using just your face muscles. If the biscuit has chocolate on, you better be quick or you'll have a chocolate trail!
- **Balloon bounce** – can you keep the balloon up in the air for one minute? If you want an extra challenge, can you hit the balloon up 100 times in a minute?
- **Tall tower** – can you build a lego brick tower that is as tall as you? Can you do it using one hand?
- **Leg balance** – can you stand on one leg for a minute? What is the longest time you can stand still?
- **Rubber band shoot out** – Stand up some plastic cups (or something similar) and stand 30cm away from them. How many can you knock over in one minute by pinging rubber bands at them?
- **Suck it up** – Using 20 smarties, m&m's, skittles or similar can you transfer them from one plate to another by sucking through a straw to pick them up.
- **Work out** – Can you do 8 squat, star jumps? Do one squat followed by a star jump and repeat.
- **Self-clap** – fold your hand to 'clap' your fingers to your palm. Can you do 100 self-claps?