

“Waist”ing Away



Object – Get all 8 Ping-Pong balls out of the tissue box as fast as you can.

Rules:

- A player’s arms, hands and feet may not touch the tissue box.
- The tissue box must be fastened to the small of your back.
- The player must be free standing and not touching any walls or furniture.
- The player’s feet are the only part of their body that can make contact with the floor.

Directions:

- Place 8 Ping-Pong balls in the tissue box.
- Snuggly attach the tissue box to the small of your back making sure that the Ping-Pong balls are on the bottom part of the tissue box that is level with the floor when you are standing.
- Have your partner time you to see how long it takes you to get all of the Ping-Pong balls out of the tissue box following the rules above.

VacuuM&M



Object – Transfer as many M&Ms from the plate to the cup using the straw in 60 seconds.

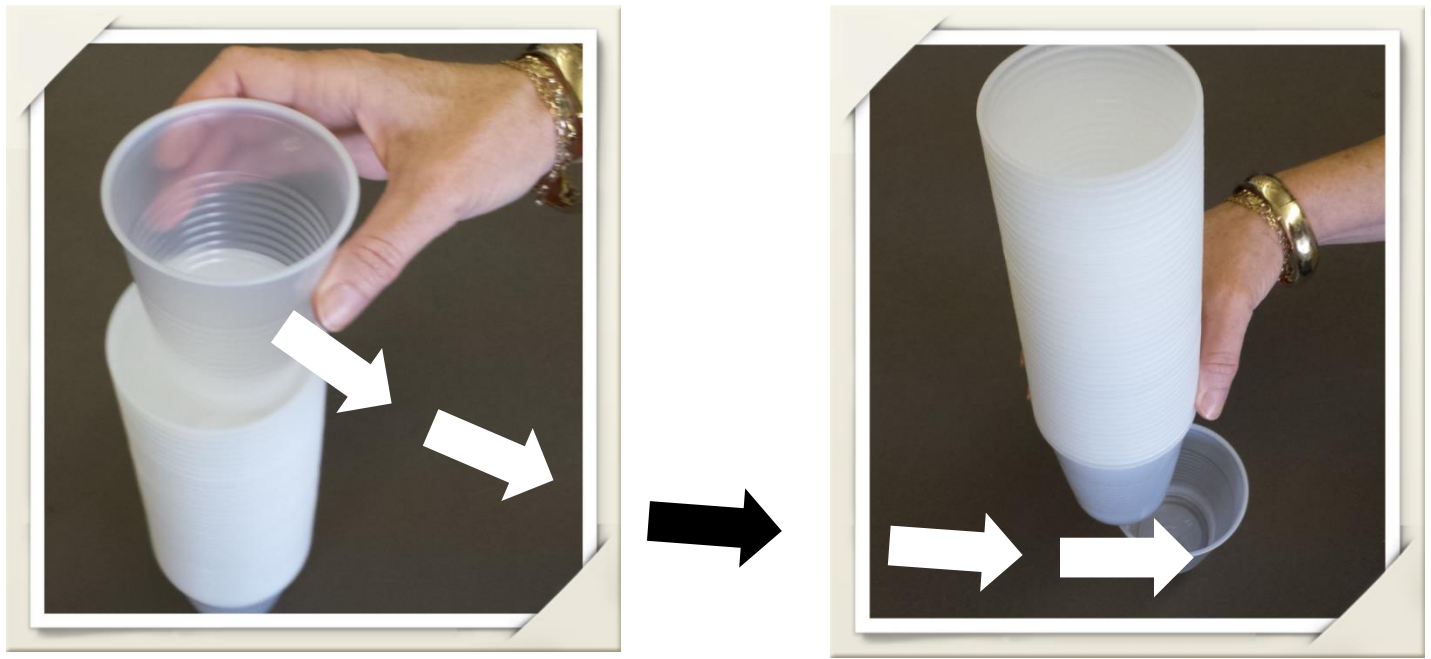
Rules:

- Once the straw is in your mouth, **you may no longer use your hands.**
- The player may only use the straw in their mouth to move 1 M&M at a time.

Directions:

- Pour the M&Ms from the cup onto the center of the paper plate.
- Unwrap the straw and place it flat on the plate.
- Place the cup as close to the plate as you would like without the cup being on the plate.
- Have your partner time you for 60 seconds to see how many M&Ms you can transfer from the plate to the cup by using the straw.

How Do You Stack cUp?



Object – Move as many cups (one at a time) from the top of a stack of cups to the bottom of the stack.

Rules:

- The player can only use their dominant hand to move any of the cups.
- Only 1 cup at a time can be lifted off the top of the stack. **If more than 1 cup comes off, then all of the cups that came off in that group must be returned to the top of the stack.**

Directions:

- Stack all 30 cups in 1 vertical stack.
- **Make sure the cup with the “X” is on the bottom.**
- Have your partner time you for 60 seconds to see how many cups you were able to move from the top to the bottom (1 at a time).

“Ped-Head”



Object – To get the Pedometer to register the largest number of head movements in 30 seconds.

Rules:

- The pedometer must be firmly attached to the participant’s head.
- The player must be free standing and not touching the pedometer or any walls or furniture.

Directions:

- Hold the reset button until it reads 00000.
- Place the headband on your head so that the pedometer is on the front of your head.
- Have your partner time you for 30 seconds and record your number in the chart below.
