

# Minute To Win It Challenge



**1 minute, 60 seconds, what could you do?**

From making your bed to saying 100 words. 1 minute doesn't feel like much but there's so much you can do in just 60 seconds...are you ready for the challenge?

For even more programme ideas check out our 'Minute To Win It' board over on [www.Pinterest.com/PawprintFamily](http://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](http://www.PawprintFamily.com)

# Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



## PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

## PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

## PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK - solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

## PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



@pawprintfamily



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# HOW TO: Use Your Challenge Pack



This Challenge Pack has been divided into 4 sections: Craft, Food, Games and Other. All the activities are designed to be 'against the clock' or completed in 60 seconds. The table below suggests a minimum number of activities for each age group but we'd suggest having fun and completing as many as you can!

<b>Age 3 - 5</b>						
<b>Age 5 - 7</b>		<b>Craft</b>	<b>Food</b>	<b>Games</b>	<b>Other</b>	<b>PICK</b>
<b>Age 7 - 11</b>	+					
<b>Age 11 - 14</b>	+					
<b>Age 14 - 18</b>	+					
<b>Age 18+</b>	+					

**Leaders, Teachers & Parents**  
These activities are fun for all ages so get involved and earn your badge!

## TOP TIPS

- Adapt activities as necessary to meet your needs.
- Add your own activity ideas or develop them into projects.
- Use what you have; don't buy in lots of new materials/equipment.
- No need to send us evidence, responsible grown-ups decide when the badge has been earned.
- One challenge badge can take as long as you like; from a few hours to days or even a full term!

## Terms of Use

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# Craft

**PAWPRINT  
BADGES**

-  Make a jigsaw from the front of a cereal box then see if you can put it back together in less than 60 seconds. Test it with your friends/family.
-  Quick on the draw! Complete as many drawings as you can in 60 seconds with a partner guessing what you're drawing (like pictictionary). How many things can you draw and identify in 1 minute?
-  Build the tallest tower you can using materials of your choice in 60 seconds.
-  Make the longest paper chain in 1 minute.
-  Fold a fortune teller. Use our free resource to help, search 'Fortune Teller' on the website.

## What/How?






A paper fortune teller (or chatterbox) as they're also known can be made from a square of paper. Fold your square in half edge to edge and then unfold in both directions to form a cross on your paper. Now take each of the corners in to the middle to the centre point and crease, flip over and repeat. You can now pop your thumb and first finger under the flaps on each side and bring together, turning your fortune teller in to a cone/point. You can write messages under each of the internal flaps which can then be revealed when you use your fortune teller.

-  Thread as many beads on to a string as you can in 1 minute. Why not use elastic and turn it in to a bracelet when you're done?
-  Lick and stick as many sequins to your face as you can in 60 seconds.
-  Make a play dough or building brick model in 1 minute.
-  Paint a picture in 60 seconds.
-  Wrap a gift in 1 minute, add a ribbon if you can.
-  Make your 'Junk in your Trunk' boxes for use in your Minute to Win It Game by attaching ribbons to old tissue boxes so they can be tied around player's waists. You can decorate them to a seasonal theme.
-  Create a set of 'antlers' by stuffing inflated balloons into a pair of tights before putting the waist band on your head. How fast can you make them?
-  Do some word craft and make as many words as you can from the letters in 'MINUTE TO WIN IT'.







# Food

**PAWPRINT  
BADGES**

-  Using only a drinking straw, how many pieces of popcorn can you move from one bowl to another in 1 minute?
-  Eat a doughnut hanging off a string in under a minute without using your hands. Can you do it without licking your lips?
-  Use chopsticks to pick up and stack marshmallows. Build the tallest tower you can in 60 seconds using only one hand.
-  Use cocktail sticks or chopsticks to transfer sweets from one bowl to another. How many can you move in 1 minute?
-  Eat the biscuit!



How?

Tilt your head back and place a biscuit on your forehead. Race to see how fast you can get the biscuit from your forehead in to your mouth without using your hands.

-  Stack the sweets/biscuits to make the tallest tower you can in 1 minute using only 1 hand.
-  Build the tallest tower of biscuits in one minute...on your forehead whilst tilting your head back.
-  Pick up as many pieces of penne pasta or cereal hoops using a piece of uncooked spaghetti. Here's the catch, you can't use your hands and must hold the spaghetti in your mouth.
-  Complete the great pasta dash.

What?

In pairs, without using your hands: pick up a piece of uncooked spaghetti using your mouth, thread the spaghetti through the upright ring-pull of an empty can of pop and then get your partner to hold the other end of the spaghetti in their mouth. Together, move the can from one table to another without breaking the spaghetti and dropping the can. Successful? How many cans can you move in 1 minute?

-  Sort a bowl of sweets in to colours using your non-dominant hand. How many can you sort in 1 minute? Make it more challenging by sorting 100s and 1000s in to colours.
-  Dig as many jelly worms out of edible dirt as you can in 60 seconds.



# Games

**PAWPRINT  
BADGES**


 Keep 2 inflated balloons from touching the ground for 1 minute...using only 1 hand.

 Play a game of Junk in the Trunk.

How?

Make your boxes for your craft challenge. Fill your empty shoe box with ping pong balls then tie it around your waist with the box at the back. Compete and race to empty your box in the quickest time by shaking and jumping around.

 Use a whole toilet roll to wrap a person and make them in to a mummy in 60 seconds. For added challenge see how quickly you can re-roll the toilet roll.


 Stack as many 2p pieces as you can in 1 minute using only 1 hand.

 Play tin can alley and see if you can knock all the tin cans over in 1 minute.

 Flip as many spoons into a mug as you can in 60 seconds.


How?


You're going to make a catapult using one teaspoon to flip another teaspoon and (hopefully) land it in your mug. With your mug on the table in front of you place one teaspoon with the handle pointing towards the mug and the spoon towards you, this is the one you are hoping to land in your mug. Place the second teaspoon with the handle underneath the spoon of the first teaspoon, forming a line. When you hit the spoon-end of the second teaspoon (closest to you) it should flick the first spoon in the air and you're aiming for it to land in the mug. How many successful attempts can you get in 1 minute? Flat handled teaspoons work the best and you'll need a few!

 Bounce ping pong balls along a table and in to a cup or empty egg box at the other end. How fast can you fill the egg box or get 3 balls in the cup?

 Roll a dice and see if you can get all 6 numbers in 60 seconds.




 Play the sock game; placing two sets of identical items inside 2 socks, one set in each. Go head to head to find a specific item as fast as you can.

 Use the air from an inflated (but not tied) balloon to knock over a series of plastic cups in the fastest time. How many can you knock over in 1 minute?

 With 2 matching stacks of plastic/paper cups, each with one different coloured cup on top. Race to get the odd cup back to the top of the stack in the quickest time, taking the top cup and placing it on the bottom of the stack and repeating.



# Other

-  Hop as many times as you can in 60 seconds.
-  Stand on one leg for the longest time without falling over.
-  Skip/rope jump as many times as you can in 1 minute.
-  Act out as many charades as you can in 60 seconds with friends/family guessing.
-  Describe as many objects, animals or people as you can in 60 seconds in a game of Articulate.
-  Name as many items as you can on a particular topic in 60 seconds, i.e. countries, boys names, colours, etc.
-  Use only your nose to push an object, i.e. a potato, from one end of the room to the other in under 60 seconds. Not got a big room? How many times can you move your object from A to B in 1 minute?
-  Balance rocks, golf balls, apples, etc. to make the tallest tower you can in 1 minute. Choose any item you like that can be stacked, the more challenging the better for adults!
-  Count 60 seconds silently/in your head and then raise your hand. The person closest to 60 seconds wins the round.
-  Hold your breath for as long as you can. The winner is the person who holds their breath the longest.
-  Identify as many songs as you can from only their intros in 60 seconds.
-  Have a logo quiz and identify as many logos as you can in 1 minute.
-  Unwrap a foiled chocolate/sweet as fast as you can using only 2 cocktail sticks and without touching the chocolate with your hands.
-  Hold one end of a lolly stick in your mouth and build a tower on the other end using materials of your choice, coins or sweets work well. Who has the tallest tower standing at the end of 60 seconds?
-  Put a pair of socks/a tennis ball in each foot of a pair of tights. Place the waistband on your head and without using your hands, swing the socks to knock over cups/bottles on the floor. A super fun game for all ages!

## Adventure Complete?

Reward your young adventurers with their Minute To Win It Challenge badge to mark their achievements! Head to the website to bag yours, download certificates and discover even more adventures!



## Create a Keepsake!

Experienced adventure? Made memories? Then it's time to create a keepsake! Our Pawprint Family camp blankets are the perfect place to sew your badges and look back on them for years to come.



## Personalise it!

Got your camp blanket? Then it's time to make it yours! Our alphabet badges are big, bright and bold...the perfect addition to your camp blanket, hoodies, bags and more. What will you personalise first?



## Even More Rewards!

We're all about added value here at Pawprint Family. In addition to the 1000s of free activity ideas and resources you'll find loyalty stickers in every order and you can claim Children's University learning hours too!



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