



1. Stack attack

Make a pyramid of plastic cups in one minute, deconstruct it, and construct it again.



2. Defy gravity

Take blown balloons and keep moving them for a minute in the air without letting them touch the ground.



3. Cookie face

Place a cookie on the face and try to move it to the mouth without using the hands.



4. Pong tac toe

It is a cup game that requires children to goal the ping pong balls in cups.



5. Speed obstacle course

It is an activity that requires children to pass a set of obstacles to win the race within a minute.



Feed your friend

Instruct your blindfolded friend to find food and eat them all in a minute.



Source: https://www.momjunction.com/articles/one-minute-games-for-kids_00462523/