

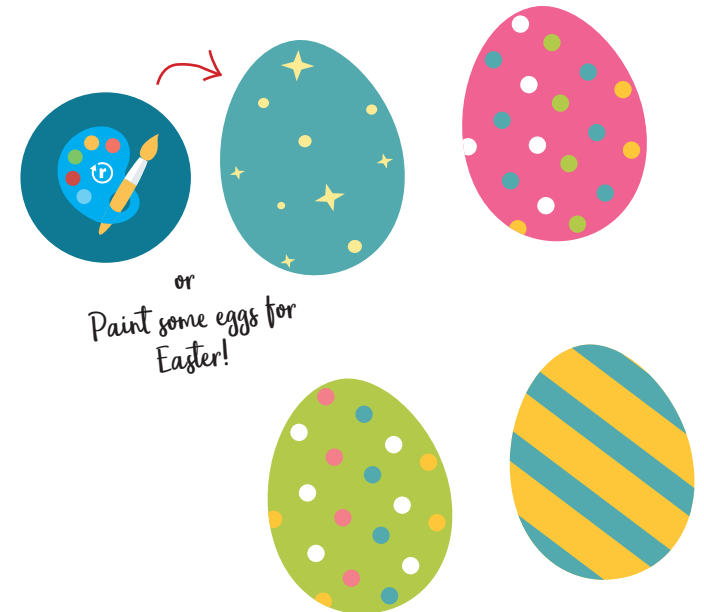
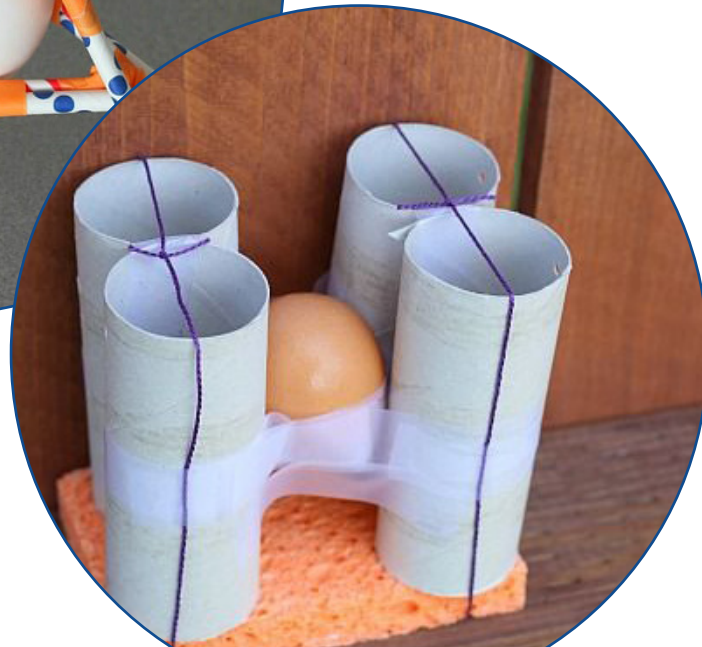
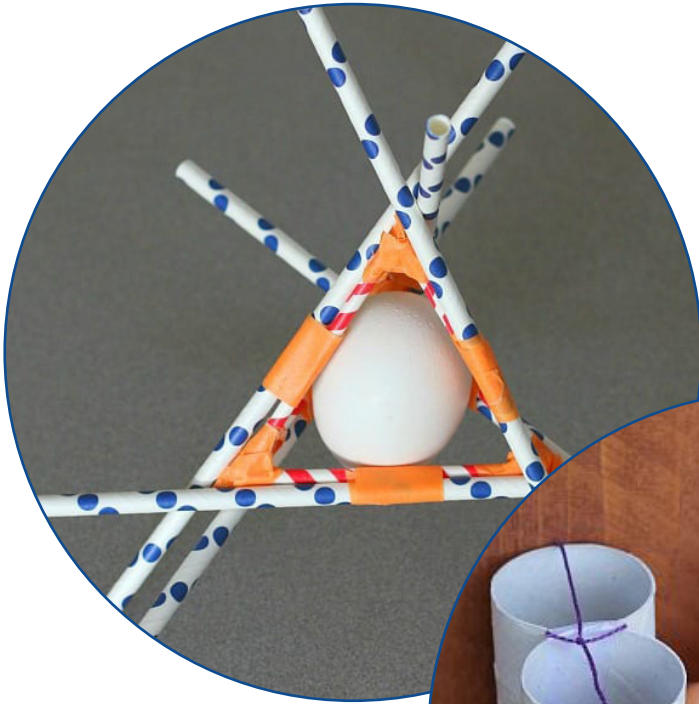
ISOLATION STATION

Games
for all of the family

EGG DROP PROJECT

Instructions:

1. Come up with an idea of some type of container you can make to protect an egg from a high fall.
2. Build your container and place the egg inside.
3. Drop the egg from someplace high.
(Be sure it's safe and an adult is with you.)
4. After you drop it look and see if your egg cracked or remained intact.



BALANCE BOOK



Instructions:

1. Before the game, tape a 10 foot line on the floor and gather together a bunch of books, trying to stick to the same size if possible.
2. Players have to walk from one end of the tape to the other (without falling off) while balancing a book on their head. If the book falls off or they step off the line, they receive no points. If they make it across with one book, they receive one point and can try again with more books. They can continue walking back and forth until the books fall off their head, up to a total of three books (for 5 points). Points do not accumulate, so if they eventually can do three books, they receive a total of five points, not nine.

Scoring:

- » One book – 1 point
- » Two books – 3 points
- » Three books – 5 points

WELLY THROWING

Instructions:

1. The welly may be thrown ('wanged') either overarm or underarm and the competitor may throw the welly from a standing position or with a running start.
2. However, the 'wanging line' must never be crossed or stepped on when throwing.
3. You may want to limit the run-up distance to 10 feet or so and it is worth creating side lines (boundaries) to make the measurer's job easier and to avoid hitting unsuspecting spectators.
4. Wellies may be wanged with one hand, both hands and even thrown backwards or between the legs.
5. The length of the throw should be measured in a straight line perpendicular to the wanging line.



or
turn old wellies into
planters for Spring!



Instructions:

Setup three different stations that players will have to compete as quickly as possible to finish their household triathlon. Players can either go all at once (if you have enough supplies for that) or can go one at a time and just time them. Fastest player gets five points, next fastest gets three points, and third fastest gets one.

Event #1 – Rug Run

Players have to sit on a bath mat (rug) and scootch their way from a starting line to finish line and back again. This also works with towels if you have more of those available.

Event #2 – Swim Like a Fish

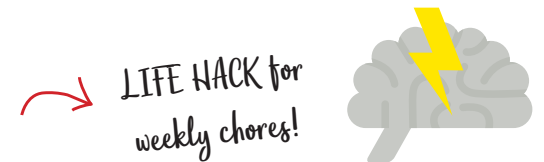
Players have to use just their mouth to pull three plastic toys (preferably fish) out of a bucket of water.

HOUSEHOLD TRIATHLON



Event #3 – Spin Cycle

Players have to search through a basket of unmatched socks to find five mates, then must mate the socks and place them on the ground to finish.



LIFE HACK for weekly chores!



PLATE TOSS

- ◇ Before the game, tape down three paper plates on one side of the room, one with a 1, one with a 2, and one with a 3. Then give players five paper plates and standing on the other side of the room, players have to toss the paper plates toward the taped down ones to try and get them to land touching the point plates.
- ◇ If the plate they toss lands touching a plate with a number on it, they receive that number of points. Count up the total number of points at the end for their total number of points.



Very serious
player here!!

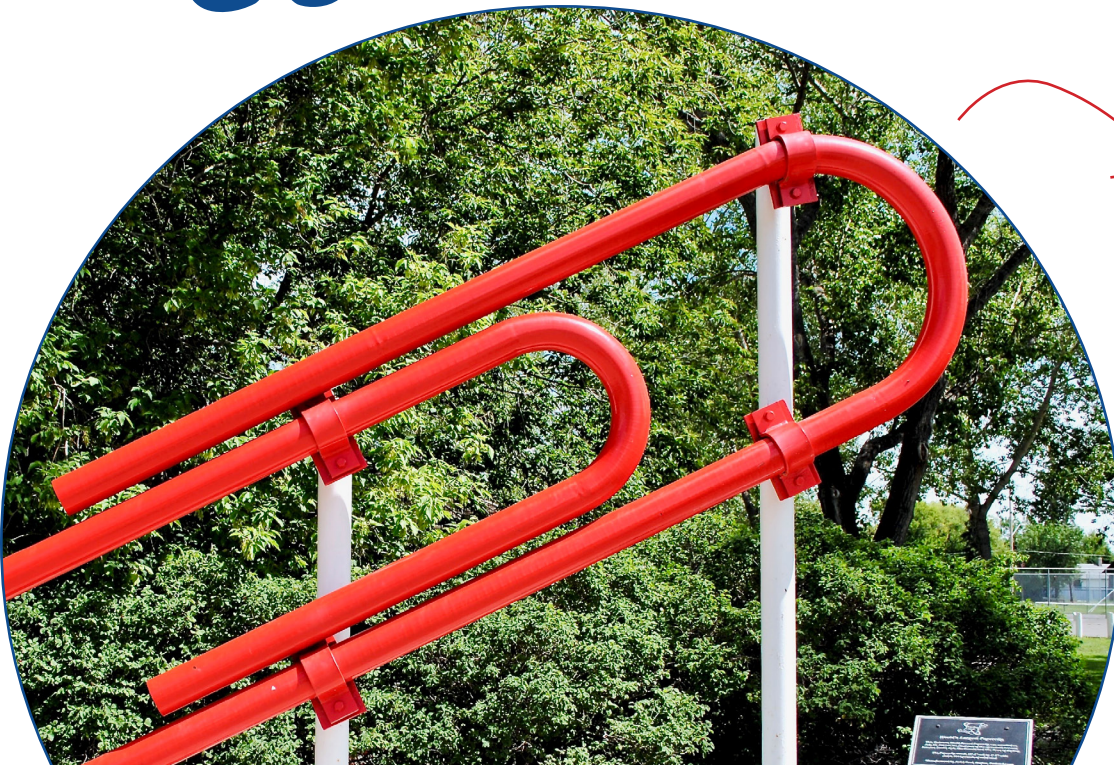


or
Create some spring
birds
for Easter Cards



PAPER CLIP CHAL- LENCE

The entire team has to try and get as many paper clips chained together as possible in 1 minute. The team with the most paper clips wins.



Saskatchewan Kipling, - 2016:

Red Paper-clip sculpture.

>> The World's Largest Paper-clip in Bell Park celebrates Canadian blogger Kyle MacDonald who bartered his way from a single red paperclip to a house.

<https://www.youtube.com/watch?v=8s3bdVxuFBs>

PANTIHOSE BOWLING

WHAT YOU WILL NEED!

1. One pair of massive pantihose.
2. At least 8 plastic water bottles filled.
3. A large, hard ball of some sort
4. Place the large, hard, ball inside of the pantihose.
5. Wrap the extra large pair of pantihose over your head (similar to what a bank robber would do)
6. Line up the filled bottles in two rows of four, leaving enough room for you to walk in between them.
7. Start at the beginning of the two rows and swing your head like a crazy child saying 'No' and try to knock down the bottles.
8. Whoever knocks down the most bottles in one minutes time wins.



COOKIE FACE!

This is a great game to kick off the party because all of the players can compete at the same time (or you can break it down into several rounds of game play). Each player places a cookie on their forehead, and the goal is to get the cookie into your mouth using only your facial muscles in under 1 minute. No hands! This is tougher than it looks!



Could be Homemade cookies!

<https://minimalistbaker.com/gluten-free-oatmeal-chocolate-chip-cookies/>

Healthy recipes!



STACK IT UP

Players must stack 25 pennies in under a minute using only one hand. This game works well with 3 players competing in each round of play

SCOOP IT UP:

Using nothing but a spoon in your mouth, transfer six ping-pong balls from one bowl to another in less than one minute. No hands! Hands are only allowed if you drop the ping pong ball, and then they can be used to place the ball back into the original bowl for another transfer attempt. 2-3 players compete for each round of play.





Using only one hand, players must keep two balloons from touching the ground for one minute. For a more challenging game, increase the amount to three balloons per player (and use different coloured balloons for each player to make it easy to differentiate!). No holding the balloons! 2 players per round of competition worked well to give the players ample space to knock their balloons around.

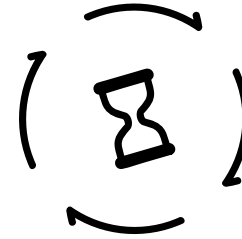


SUCK IT UP:

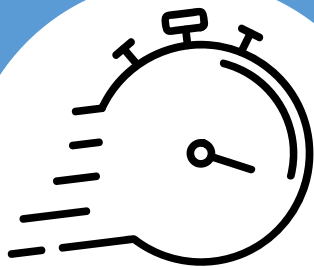
Players place a straw in their mouth and use suction to transfer a pile of 25 M&M's from one plate to another in under one minute. Only one hand may be used to hold the straw. Everyone gets to eat their candy when the round is finished! This game also works well with 3 players competing in each round.



MORE IDEAS:



Game Name	Game Description	Items Needed
Jigsaw challenge	3 x jigsaws. Timed event! only one puzzle to be completed at a time - points for fastest team	3 jigsaws
Paper Plane Flight	Each team member gets 1 A4 sheet each. They must all make a paper plane and throw from a line. Teams total distance is their score.	A4 Paper, Tape, Measuring Tape
Bottle Ball Balance Timed	Balls / Bottles of different sizes, one hand, timed event to balance all balls on top of bottles.	Bottles, Balls
RiM Trivia	10 Questions for team about rim, Test RiM knowledge.	10 Questions
Typing Skills	https://www.keyhero.com/custom-typing-test/ - Add custom text - each member does the test. Accuracy is the main one here. Don't tell anyone Its not about the speed.	Laptop, Projector, Screen, Table, Keyboard
Keepie Uppies	Football, One chance, keep ball up for as many hits as possible, all team members scores added together. No practises.	Football
QWOP	Game of QWOP - each player gets 3 tries - take longest - add teams scores together. http://www.foddy.net/Athletics.html	Laptop, screen for spectators ?
Sock Bowling	Same event as last year, Tights on players heads, knock down the bottles. Fastest team time is taken.	Tights, Water Bottles (full)



HOUSEHOLD OLYMPICS

1. Throw a small ball in specific targets (smaller targets, higher earns)

2. Use a hair dryer to bring a ball from point A to point B (just turn on the hair dryer and let the ball float in the wind). More balls in a minute mean more points.

3. Mini golf using a box with 3 holes and an umbrella as golf club, an egg carton with specific point number in each space with a small ball

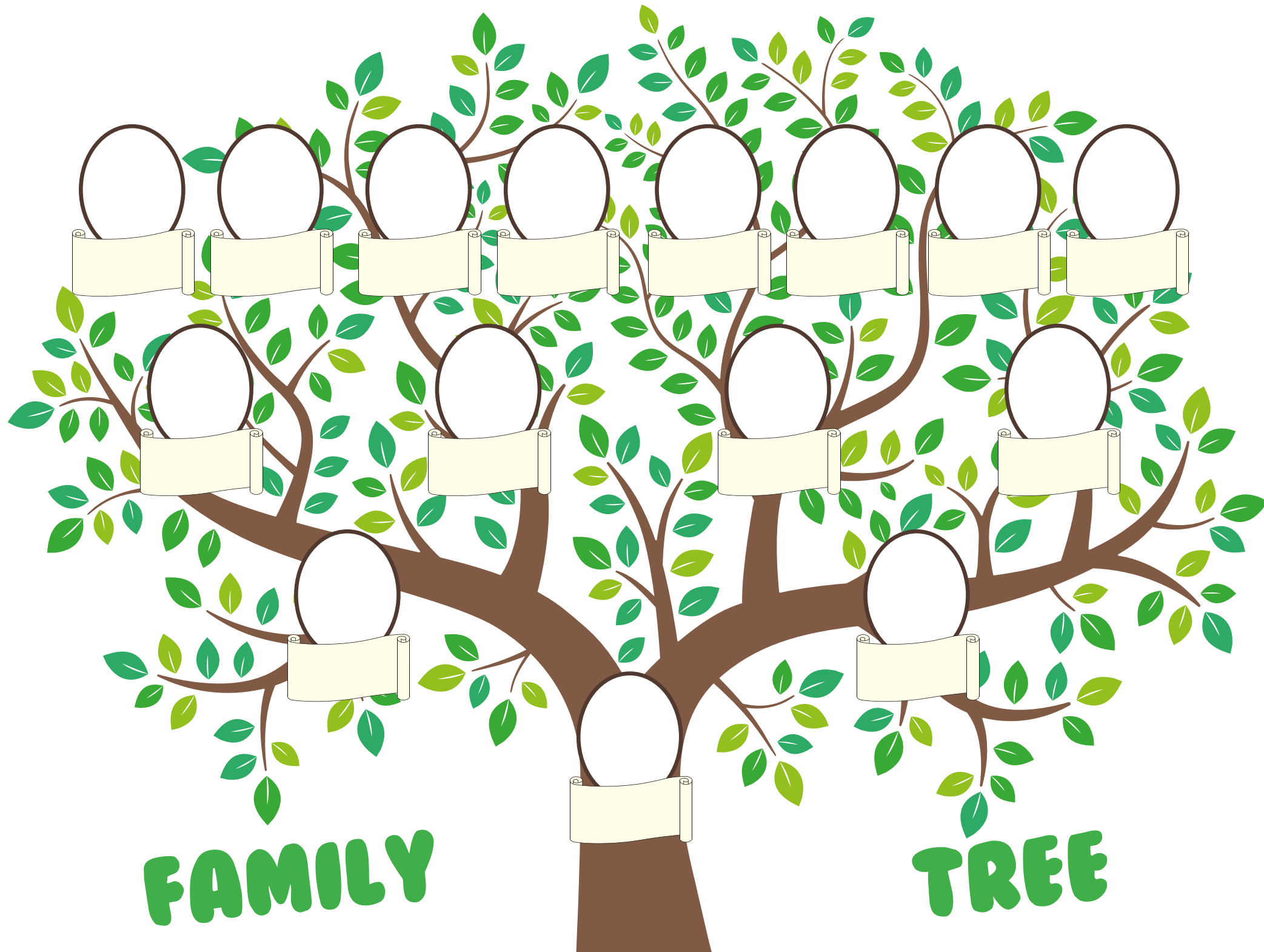
4. Make kid run with a ball in between their legs to the other side of the hall and drop the ball in a bucket without use the hands.



5. Cereal Box Challenge:

- Pick up the cereal box with your teeth. You cant use your hands or lean on anything.
- Once everyone who is playing has had a turn, you cut off about an inch or two off the top of the box.
- Whoever cant pick it up with their teeth is knocked out. You end up with a box that gets smaller and smaller making it more difficult to pick up.





FAMILY

TREE



OTHER IDEAS

[HTTPS://WWW.NETFLIXPARTY.COM/](https://www.netflixparty.com/)

Netflix Party: Something to do with your friends/
family <https://www.netflixparty.com/>.
It's a chrome extension that allows you to
have a live chat while watching
things on Netflix

DISNEY +



**HAPPY
STONES**

BAKING



duolingo

MUSIC

[https://www.youtube.com/
watch?v=IR7icNffxXE](https://www.youtube.com/watch?v=IR7icNffxXE)

[https://soundcloud.
com/dimensionsfestival/
dim197-lucy-locket-live-at-
dimensions-2019](https://soundcloud.com/dimensionsfestival/dim197-lucy-locket-live-at-dimensions-2019)