

# **BTE Trenton/Ewing Minute to Win It Team Building Activities**

Minute to Win It is an international game show franchise where contestants take part in a series of 60-second challenges that use objects that are commonly available around the house. BTE Trenton and BTE Ewing used these activities to discuss a wide range of topics from communication, team work and ways to manage working under pressure.



# Stack Attack

In this challenge the contestant will use 36 plastic cups to make a pyramid-shaped structure. Once built has been deconstructed by sliding the cups down diagonally creating a single stack.

Supplies Needed:

- 36 cups per team







# Movin' On Up

In this challenge the contestant begins with a stack of 39 same colored cups with one different colored cup at the base. In a test of speed and focus, the contestant must inch the bottom cup upwards, moving cups from the top of the stack to the bottom by using alternating hands. This must be repeated 39 times until the bottom cup returns to the position it started at.

## Supplies Needed:

- 39 cups per team in one color
- 1 cup per team in a different color





# Speed Eraser

In this challenge contestants will attempt to bounce pencils into glasses positioned in a row. This must be repeated seven times.

Supplies Needed:

- 7 cups
- 7 pencils





# YANK ME

In this challenge the contestants must place index cards between four plastic cups to form a tower. Then another person on their team will yank the cards out causing the cups to collapse into a stack.

## Supplies Needed:

- 4 cups
- 3 Index cards

