

**Step 1:** Gather the necessary supplies

**Step 2:** Print and cut out the task cards

**Step 3:** Have fun!



## Balloon Bash

Give each team (or player) two balloons.

Keep your balloons from touching the ground. You may not hold the balloons. Whoever keeps their balloon off the ground for the full two minutes wins.



## Ping Pong Pass

Give each team (or player) one bowl filled with ping pong balls, one empty bowl, and a straw.

Using the straw, transfer as many ping pong balls to the empty bowl as you can. Whoever transfers the most in two minutes wins.



## Terror Tower

Give each team (or player) one set of building blocks.

Using the building blocks, build the biggest tower. The tower must stand on its own once the two minutes is up. Tallest standing tower after two minutes is the winner.



## Paper Plane Toss

Give each team (or player) some A4 paper.

Make and throw a paper airplane that lands as close as possible to a target (e.g., a box or hula hoop). You may not leave your seat. Closest to the target after two minutes wins.



## Card Crash

Give each team (or player) a set of playing cards or similar.

Construct the tallest house of cards in two minutes. The cards must be standing on their own when the timer ends. Whoever has the tallest house after two minutes wins.



## Charades Showdown

Give each team a pen and some paper.

Act out as many different animals as possible in two minutes. Your team scores a point for every correct guess. Most animals guessed in two minutes wins.



## Weakest Link

Give each team (or player) a pile of paperclips.

Make the longest chain possible using only paperclips. The chain must be held up without breaking at the end of the two minutes. Longest unbroken chain wins.



## Flippin' Fanatic

Give each team (or player) a coin.

Flip a coin as many times as possible in two minutes. You must guess "heads" or "tails" before each flip. You get a point for each answer you guess right. Most points after two minutes wins.



## Consecutive Catch

Give each team (or player) a ball.

Throw and catch the ball as many times as you can in two minutes. You get a point for each catch, but if you drop the ball, you lose all your points. Most points after two minutes wins.



## Egg Bounce

Give each team (or player) one empty egg carton and twelve ping pong balls.

Bounce the ping pong ball into the egg carton slots from the other side of your desk. Most ping pong balls in the egg carton after two minutes wins.



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## Paper Ball Toss

Give each team (or player) some paper.

Crumple up and throw as many paper balls as possible into a bin from a set distance. You get a point for each ball that lands in the bin, and a bonus point if you manage to bounce it into the bin. Most paper balls in the bin after two minutes wins.



## Pencil Balance

Give each team (or player) a handful of pencils.

Stand as many pencils upright on their flat ends or rubbers as possible in two minutes. They must stay standing for five seconds when time runs out. You will get one point for each still standing. Most points wins.



## Plate Spin

Give each team (or player) a paper plate and a stopwatch or timer.

Spin a paper plate on your finger for as long as you can while your teammate times you. If the plate falls or stops spinning you must start again. Longest plate spin after two minutes wins.



## Page Turner

Give each team (or player) a book.

Flip through as many pages as possible in two minutes. You must turn the pages individually. Whoever turns the most pages in two minutes wins.



## Star Jump Showdown

No equipment is needed.

Do as many star jumps as you can in two minutes without stopping. Whoever does the most star jumps after two minutes is the winner.



## Puzzle Solver

Give each team (or person) a jigsaw. You can make a simple one out of a cereal box front.

Complete as much of the jigsaw as you can in two minutes. Most solved jigsaw wins.



## Sticky Note Slam

Give each team (or player) a pad of sticky notes and a pen.

Write a body part on a sticky note. Then stick the note to that body part. Most correct sticky notes still stuck after two minutes wins.



## Blindfold Artist

Give each team (or player) a pen, some paper, and a blindfold.

While blindfolded, draw a fruitbowl with as many different fruit and vegetables in it as possible. Most different and recognisable fruit and vegetables after two minutes wins.



## Flip the Bottle

Give each team (or player) a bottle of water.

Successfully flip the bottle onto the table or desk as many times as you can in two minutes. Most bottle flips wins.

To make it easier, empty some of the water out first.



## Name Game

No equipment is needed.

Name as many different healthy foods as you can in two minutes while standing on one leg. You get one point for each correct answer. If you put your leg down or repeat any foods you lose 5 points. Most points after two minutes wins.

