



# Valentine's Day Family Minute-to-Win-it Challenge

This family activity is all about having some fun with the people you love. Below is a set of 6 games. Each person will have exactly 1 minute to complete the task. All of these can be done in your house with only a few supplies.

## Getting Started:

### Quick Bible Lesson:

Read the passage below. As a family, agree to try and show the kind of love explained in this Bible verse. Not just during the next 6 games, but every day, all day.

**"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things."** 1 Corinthians 13:4-7

### Keeping Score:

For each task completed you'll get a score. Each player will get a score for every round. The person with the most points at the is the winner! (Remember our Bible verse...no boasting!!!)

### Team vs Individual:

Depending on your family, you may want to work in teams of two. These teams could change for every round, or stay the same for all 5 games. I would highly recommend working in teams if you have a large age gap in players. The score for the game will be the total of each player's individual results. (Example- In game #1 if player 1 stacks 4 hearts and player 2 stacks, 5 their team score would be 9.)

### Materials:

- Bag of Valentine's conversation hearts
- 2 Bowls or Plates (paper or plastic will work best)
- 2 Plastic Cups
- 1 Spoon
- Masking tape (or anything to make start and finish lines)
- Drinking straws (1 per person)

# The Games:

## #1 HEART STACK

What you need:

- Valentine's Conversation hearts

Using the conversation hearts, players must stack as many as they can in 1 minute. If your pile falls over, you have to start over. At the end of 1 minute, each player counts how many hearts in their stack. This number is their score. (If playing in teams, the total number of hearts stacked is the score)



## #2 CANDY FACE

What you need:

- Conversation hearts

Each player has 1 minute to move a conversation heart from their forehead down into their mouth without using anything! Only their face. No hands.

Place the candy between your eyebrows and with your head back, scrunch and move your face muscles and nose and lips, to move the candy down to your mouth and eat it! If your heart falls off your face, you have to pick it up and start over.

10 points to any person who can complete this task!

\*If you need an example, google "Face the cookie challenge"

## #3 HEART RELAY

What you need:

- Conversation Hearts
- Plastic cups or bowls
- Plastic spoon
- Masking Tape (or anything that can make a start & finish line)

Place a plastic cup that is filled with conversation at one end of the room (or space you're using) and then place an empty plastic cup at the other end. You may want to mark these using masking tape (or a book, ruler etc.)

Each person has 1 minute to move as many conversation hearts from one cup to the other using only a plastic spoon. At the end of 1 minute your score is the number of hearts you were able to move.

To make this more difficult, use small plastic spoons like the ones they use for ice cream samples.

#### **#4 HEART DROP**

What you need:

- Plastic cup or bowl
- Conversation hearts
- Chair

Have the player stand on top of a chair (the cushion part where you sit) and try to drop the candy hearts into the bottle or cup that is on the ground.

The number of hearts in the cup at the end of a minute is your score.

#### **#5 PICK ME UP, VALENTINE!**

What you need:

- Valentine's Conversation Hearts
- Plastic Plates
- Plastic Straws

Place candies on 1 plate and then place an empty plate next to it. Each player has to use only a straw to move as many candies from one plate to the other. After 1 minute, the number of candies moved is your score.

The key is to suck up air through the straw to get the candy to attach to the other end, and then you can move it over to the other plate.

If you want to make this even harder have the plates several feet apart and the person has to walk between the plates while keeping the candy at the end of the straw.

#### **#6 HEART TOSS**

What you need:

- 2 bowls
- Conversation hearts
- Masking Tape (or anything that can make a start & finish line)

Place one bowl of conversation hearts at the start line. Place an empty bowl at the finish line. Each player tries to toss as many hearts into the empty bowl as they can in one minute. The number of hearts in the bowl at the end of the minute is your score.

# Minute-to-Win-it Score Sheet

	Player 1: -----	Player 2: -----	Player 3: -----	Player 4: -----	Player 5: -----
Game #1					
Game #2					
Game #3					
Game #4					
Game #5					
Game #6					
Total Score					

