



# Unite Challenge Hour

Can you win it in a minute? Go head-to-head against your Company, your family and friends or challenge someone else on social media and see who can complete these challenges the quickest. We have a number of challenges that we want to see you complete - have a practice, then try and complete them within one minute. Some are easier than others, and some are more difficult than they seem.

Don't forget to share your attempts with us on Social Media using the hashtag **#UniteBB**.

## The Challenges...

### 1. No Fingers

**Challenge:** To unwrap as many sweets as you can within a minute.

**Instructions:** Grab a pair of oven gloves, or mittens, and a packet of sweets that are individually wrapped. Put the gloves on and see how many sweets you can unwrap within 1 minute.

**What you need:** A pair of oven gloves/mittens and a packet of sweets in wrappers e.g. starbursts

### 2. Spaghetti Scoop

**Challenge:** To thread 6 pieces of uncooked penne pasta onto the spaghetti in the fastest time.

**Instructions:** Put the tip of 1 piece of uncooked spaghetti into your mouth, with no hands you need to thread the 6 pieces of penne pasta onto the spaghetti within 1 minute. If the spaghetti breaks you need to start again.

**What you need:** Uncooked spaghetti and uncooked penne pasta

### 3. Suck It Up

**Challenge:** To move a packet of smarties / skittles / M&Ms from one plate to another

**Instructions:** Empty your packet of sweets onto a plate and put another plate next to it (around 10 cm apart). Put a straw in your mouth and, using only that, you need to move all the sweets from one plate to the other within 1 minute.

**What you need:** 2 plates/bowls, a straw (one for each person), smarties/skittles/M&Ms or similar sweets

#### 4. Pull It

**Challenge:** To pull the cards out of the tower to create a single stack of cups

**Instructions:** Before you start, create a tower using your cups and cards. You will do this by placing a plastic cup upside down on the table and putting a card on top of it. Then place another upside down cup on top of the card. The tower needs to be 5 cups tall with a card in between each cup.

Now you have the tower, with a maximum time of 1 minute, you need to see how quickly you can make the cups into a single stack. This is done by pulling out the card that is between the cups, but without touching the cups.

**What you need:** A deck of playing cards, 5 plastic cups

#### 5. Apple Stack

**Challenge:** To make an apple tower that stands up for at least 3 seconds using 5 apples

**Instructions:** Using 5 apples, and nothing else, you will need to stack these one on top of the other to make an apple tower. Once all 5 apples are stacked you have to let go and see if the tower can stay standing for at least 3 seconds.

**What you need:** 5 apples

#### 6. ABCs or CBAs

**Challenge:** To recite the alphabet... backwards as quick as you can.

**Instructions:** This one is simple; all you have to do is say the alphabet out loud... backwards as quickly as possible. Z, y, x, w ...

**What you need:** Yourself and your brain.

#### 7. Pencil Flip

**Task:** To catch as many pencils as you can.

**Instructions:** Hold your hand out in front of you with your palm facing the floor, and on the back of your hand place a pencil/pen. Then you will quickly flip your hand around and hopefully catch the pencil. After each successful catch you will do it again but this time adding another pencil/pen. Keep doing this and see how many pencils you can catch within 1 minute.

**What you need:** A number of pencils (pens if you don't have pencils)

#### 8. Face the Cookie

**Task:** Get a cookie, biscuit or chocolate from your forehead to your mouth without using your hands.

**Instructions:** Put a cookie, biscuit, or chocolate on your forehead. Set a timer for 1 minute and see if you can get it from your forehead to your mouth using only the muscles in your face and gravity – no hands allowed!

**What you need:** A cookie or a biscuit