



We picked these games especially for worksites. They provide easy activities for coworkers to have fun, reduce stress, and get moving!

Groovy Games, Gadgets, Gizmos & Giggles

**A Worksite
Wellness Toolkit**

Dizzy Mummy

What you need:

- Roll of toilet paper
- Timer (use a cell phone)

Time: 1 minute per player

How to play:

- The player completing the challenge will need a little assistance from another player
- The assistant holds a roll of toilet paper and the player takes the end in one hand
- When the clock starts, the player will spin in circles, attempting to cover himself or herself completely with the tissue.

Difficulty Level: 3

Tips:

- Have the assistant adjust the toilet paper up and down as the player spins in an attempt to get all areas covered.
- Make sure the room is clear of potential hazards that could trip or injure the player

Nose Dive

What you need:

- A bowl of cotton balls
- Petroleum jelly
- An empty bowl
- A paper plate
- Timer (use your cell phone)

Time: 1 minute per player

How to play:

- Put the petroleum jelly on the paper plate; the bowl of cotton balls next to it; place the empty bowl a few feet away
- Start the clock. Have the player place some petroleum jelly on the tip of their nose, then attempt to pick up a cotton ball using only their nose
- Once the player has the cotton ball on the end of his/her nose, they move it to the empty bowl without using their hands. Try to transfer 5 cotton balls in 1 minute.

Difficulty level: 2.5

Tips:

- It is important to use just the right amount of petroleum jelly - too little and the cotton ball falls off, too much and it won't come off in the empty bowl
- Pick up only one cotton ball at a time
- You can't use your hands. Brushing your nose against the empty bowl is a great way to get the ball in the bowl.

Noodling Around

What you need:

- 6 pieces of penne pasta (or any large tubular pasta)
- Several pieces of spaghetti
- Timer (use your cell phone)

Time: 1 minute per player

How to play:

- Place the 6 pieces of penne around the table (or in a line). The player starts the game with a piece of spaghetti in his/her mouth
- Start the clock. The player must pick up all 6 pieces of penne with the spaghetti before the time runs out

Difficulty Level: 2

Tips:

- Use large spaghetti noodles to limit breakage
- Toss your head back after picking up a piece of penne to make sure it doesn't fall off

Penny Hose
What you need: <ul style="list-style-type: none">• 1 pair of panty hose• 2 coins• Timer (use your cell phone)
Time: 1 minute per player
How to play: <ul style="list-style-type: none">• Place a coin in each leg of the pantyhose• Start the clock. The player places a hand in each leg of the pantyhose. The goal is to move both hands all the way down the legs and retrieve the coins before removing the pantyhose from the arms/hands. The hands must work independently and not aid each other.
Difficulty Level: 4
Tips: <ul style="list-style-type: none">• This is difficult challenge! The best way to move the hands forward is by moving the fingers and bunching the fabric• Use a large pair of pantyhose

On the Hook

What you need:

- 4 keys
- Length of string (about 9 inches long)
- Paperclip
- Chopstick
- Timer (use your cell phone)

Time: 1 minute per player

How to play:

- Make a "fishing pole" by attaching the string to the chopstick and putting the paper clip on the end of the string. Bend the paperclip out on one side to create an upward facing hook. Place the 4 keys on the edge of the table with the handles hanging over the edge.
- The player places the chopstick in his/her mouth.
- Start the clock. The player moves his/her head and attempts to catch the 4 keys on the paperclip hook. To win you must catch all 4 keys.

Difficulty Level: 3.5

Tips:

- Be sure the paperclip is properly bent and the string is tied securely.
- It can be difficult to see the keys - rely on your coworkers for support!

Junk in the Trunk

What you need:

- 1 empty tissue box
- 1 belt
- 2 rubber bands
- 6 ping pong balls
- Timer (use your cell phone)

Time: 1 minute per player

How to play:

- The rubber bands are used to secure the tissue box to the belt. It should be centered so that when the box is attached in the front, the tissue box sits right above the player's "behind"
- Place the 6 ping pong balls in the tissue box and strap the belt with the box around the player's waist
- Start the clock. The player moves and shakes and does whatever he/she can to get all the ping pong balls to fall out of the box

Difficulty Level: 4.5

Tips:

- Use a large rectangle tissue box
- Use an adjustable belt
- Jumping up and down in combination with hip movements is the best way to get the ping pong balls to fly out of the box

Mega Bubble
What you need: <ul style="list-style-type: none">• Hula hoop• Bubbles• Timer (use your cell phone)
Time: 1 minute per player
How to play: <ul style="list-style-type: none">• Set the hula hoop 5 feet away from the players• Start the clock. The players blow a bubble and attempt to move it - using only their breath - across the 5 feet and through the hula hoop in 1 minute• If the bubble bursts, the players must go back and blow another one
Difficulty Level: 3.5
Tips: <ul style="list-style-type: none">• Try to use a medium size bubble. The small ones are hard to move and the large ones can pop too easily• Start with small puffs of breath.

Bucket Head

What you need:

- Several ping pong balls
- Bucket
- Bowl
- Table
- Timer (use your cell phone)

Time: 1 minute per player

How to play:

- Place the ping pong ball in a bowl on a table near where the player will stand. They should stand with a wall about 5 - 6 feet in front of them. The player balances the bucket on his/her head with one hand and takes a ping pong ball in the other hand.
- Start the clock. The player bounces the ping pong ball on the floor with the goal of making it hit the wall in front of them and then bounce up in the air.
- The player attempts to catch the ping pong ball in the bucket. Try to catch 3 ping pong balls in the bucket in one minute

Difficulty Level: 4

Tips:

- Be sure to balance the bucket on your head with your dominant hand
- Throw the ball straight rather than at an angle - this makes it easier to catch
- A larger bucket makes it easier to catch the ball

Defying Gravity

What you need:

- 3 inflated balloons
- Timer (use your cell phone)

Time: 1 minute per player

How to play:

- Inflate the 3 balloons before starting the clock. The player holds them while waiting for the clock to start.
- Start the clock. The player tosses the balloons in the air and keep them afloat for the full 60 seconds.

Difficulty Level: 2.5

Tips:

- Try to keep the balloons close together
- Tap the balloons lightly rather than hitting them

This Blows
What you need: <ul style="list-style-type: none">• 1 balloon per player• 15 plastic or foam cups• Timer (use your cell phone)
Time: 1 minute per player
How to play: <ul style="list-style-type: none">• Place the 15 cups on the table and give the player the balloon before the timer starts• Start the clock. The player blows up the balloon and use the air to knock the cups over. Keep blowing up the balloon until all the cups are knocked over or the time runs out
Difficulty Level: 3.5
Tips: <ul style="list-style-type: none">• As the air comes out of the balloon, move the balloon in a line to try to knock over a few cups at a time• Pointing the balloon up toward the cups rather than head on will make them knock over more easily

Office Chair Obstacle Course

What you need:

- Cones
- Office chair with wheels
- Timer (use your cell phone)

Time: time each team - the one with the shortest time wins

How to play:

- Set up the cones in a long hall or room
- Have players team up in 2's
- One team player sits in the chair while the other team player pushes him/her through the obstacle course

Hoop de Loop
What you need: <ul style="list-style-type: none">• 1 Hula Hoop• 3 filled water bottles• Timer (use your cell phone)
Time: 1 minute per player
How to play: <ul style="list-style-type: none">• The player stands with the hula hoop before the clock starts. Set the filled water bottles in a triangle (one in the front, with 2 behind flanking the first) on the floor.• Start the clock. The player rolls the hula hoop and trys to "ring" the water bottles.
Difficulty Level: 3
Tips: <ul style="list-style-type: none">• Roll the hula hoop gently and carefully rather than forcefully.