

every
second!
counts!

an official game of **RECESS**[®]
MAKING ADULTING FUN

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Let the Games Begin! May the odds be ever in... who cares! This isn't about winning- well its kinda is, but not really. This is about having fun and taking a break from the responsibility of adulting. Every Second Counts (ESC), the acronym was on purpose, is a game where players take part in a series of challenges that use objects that are commonly available around the house and included in this box. Play head to head, as teams, and in relays. Upgrade your next house party, kickback, or office meeting. Every Second Counts so spend it doing things you want to do and worry less about what you have to do.

- **Game rules are simple!**
- **How-to videos online at www.recesshtx.com**
- **Play individual, headed to head or as a team**
- **Over 50 games included**

HOW TO PLAY

WHO IS THE WINNER?

Beat the Clock Mode: Players have 60 to complete each challenge. The winner is determined by the player that completes the challenged the fastest within the 60 seconds. If both players fail to complete the challenge in 60 seconds, the winner is selected by the player the furthest along.

Race 2 Finish: There is no time limit (within reason, we suggest playing games no longer than 5 minutes to determine a winner). The player or team to complete the challenge AND yell RECESS wins.

ADDITIONAL GAME RULES:

Let's face being an adult is hard. Too many rules. So toss them all out if you want. Or, add penalties for losing. Rewards for winning maybe? Make the games more difficult. Our rules are just a suggestion. though they are pretty legit. But if your rules are more fun, then use yours. Be sure to send them to us .We may include them in future game packs.

GAMES

THREE TYPES OF GAMES

Most ESC games can be played by one player. This means you only need two people to have a great time. There are some games that require more than one player. There are also some games that can be turned into relay style games. These are noted on the games cards with the initials "s", "r", and "t"

s

Single Player Games: Requires only one person to complete the challenge.

t

Team Games: Requires 2 or more players to complete the challenge.

r

Relay Games: Single or Team Games that can be done in a relay style to include more players in the game. This means that each player on the team will complete the challenge completely. The winner is the first team to successfully have each of their team members complete the challenge.

BLUE CARD GAMES:

Everything needed to play the game is included in the box

PINK CARD GAMES:

One additional household item is needed to play the game

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THE NUTSTACKER

Game Items

3 Iron Nuts | Chopsticks

How to play

In this game players will stack iron nuts in a single stack. Before the game begins 3 iron nuts on one end of a table and have the players stand at the other end. When the game begins each player will hold one end of the chopsticks and pick up the nuts one at a time and stack them on top of each other. Players must transport nuts by sliding the chopstick through the center of the nut. Each player may only hold one end of the chopstick. their other hand must be behind their back. The first team to successfully stack all 3 nuts and yell RECESS wins.



BOTTLE 2 BOTTLE

Game Items

2 - Liter Bottle | Tape | Jelly Beans

How to play

In this game players will use two liter bottles and transfer jelly beans from one bottle to the other similar to sand in an hourglass. Before the start of the game fill a third of a 2-liter bottle with jelly beans. Then tape the openings of both bottles together. When you are done, it should resemble an hourglass. When the game begins players will flip the bottles upside down such that the bottle with the jelly beans is on top. Using one hand, with the other behind their back, the player must shake the bottle until all of the jelly beans have been transferred from the bottle at the top, to the bottle at the bottom. The first player to accomplish this and yell RECESS wins.



NOSE DIVE

Game Items

Petroleum Jelly | Cotton Balls | 2 Bowls

How to play.

In this game players will transfer cotton balls from one bowl to another bowl using their nose. Before the start of the game place two bowls, one empty and one filled with cotton balls, about 10 feet apart from each other. Next, have the player cover their nose in a generous amount of petroleum jelly. When the game begins the player will put both hands behind their back and dip their nose into the bowl of cotton balls, get at least one to stick to their nose and then race to the other side of the room to drop it in the other bowl. The first player to transfer 5 cotton balls and yell RECESS wins.



JOHNNY APPLESTACK



Game Items

5 Apples

How to play.

In this game players will attempt to make a tower by stacking five apples on top of each other. Before the game begins place five apples in the center of the table. Then have a player stand in front of the apples with one hand behind their back. When the game begins the player must stack each of the five apples one at a time on top of each other. The first player to stack all 5 apples in a tower that stands for at least 3 seconds and yell RECESS wins.



CHANDELIER

Game Items

15 Cups | 4 Paper Plates

How to play.

In this game players will stack cups and paper plates to make a structure that resembles a chandelier. Before the start of the game place a stack of 15 cups and a stack of 4 paper plates on the table in front of the player. When the game begins the player will build the chandelier by placing one cup for the foundation and then one plate on top of the cup. Followed by placing two cups on the first plate and then the second paper plate, then three cups and so on. If any part of the chandelier falls the player must start from the beginning. The first player to successfully build their chandelier and yell RECESS wins.



DOUGHNUT CHEW

Game Items

Doughnut | String | Chairs

How to play.

In this game players will eat a doughnut off a string. Before the game begins, tie a string around a doughnut, then hang it between two chairs. The player will lay on the floor under the hanging doughnut and eat the doughnut without it falling to the floor. The first player to achieve this and yell RECESS wins.



SUCK IT UP

Game Items

Goldfish | Straw | Paper Plates

How to play.

In this game players will see how many fish you can transfer from one plate to another with the suction from the straw and no hands. Before the game begins, place some goldfish onto one plate and an empty plate in front of each player. With suction from the straw and no hands players will transfer as many gold fish as they can in 60 seconds to the empty plate. The player who transfers the most in 60 seconds wins.



HUMPTY DUMPTY

Game Items

Eggs | 10 Red Cups

How to play

In this game players, in 2 groups of 5, must transfer an egg from one place to another using a cup in an assembly line fashion. Before the game begins, line players up side by side with three feet in between each of them. Each player should be holding one red cup upside down. Place one egg on top of the cup of the first player in each line. Place an empty cup bottom side up in a chair about about 10 foot steps away from the last person in each line. When the game begins, the first player will pass the egg by tilting their cup so that the egg rolls off of the top of the cup and on to the top of the cup of the person next to them. Players may only use one hand to hold the cup. The other hand must be behind their backs. No player may touch the egg at any time during the game. The second player will repeat this process with the third player and so on. The last player to get the egg must rush over to the chair and carefully transfer the egg onto the top of the cup that's sitting on the chair. The first team to successfully transfer the egg and yell RECESS wins.



DON'T BLOW THE KING

Game Items

Deck of Cards

How to play.

In this game players will blow their way to all four kings in a deck of cards. Before the start of the game scatter a deck of cards face side up on a small table placing the four kings in random positions at the bottom of the pile. When the game begins, the player must blow all cards off the table and uncover all 4 kings. If a player accidentally blows a king off of the table they are disqualified. The first player to blow all of teh cards off the table except the four kings and yell RECESS wins.



FACE THE COOKIE

Game Items

Cookies

How to play

In this game players must eat a cookie with no hands by moving it down their face from their forehead to their mouth. Before the start of the game seat player in a chair in front a stack of cookies. When the game begins, the player will take one cookie and place it on their forehead. Then, using their face muscles move the cookie down their face and into their mouths. If a cookie falls the player may reset another cookie on the forehead and try again. The first player to move the cookie down their face, into their mouth and yell RECESS wins!



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JUNK IN THE TRUNK

Game Items

8 Ping Pong Balls | Empty Tissue Boxes

How to play.

In this team game players must shake ping pong balls out of an empty tissue box. Before the game begins, attach a tissue box with filled with 8 ping pong balls the lower back of the player right above their buttocks. When the game begins, the player must empty all the ping pong balls out the tissue box by jumping, shaking, bending and wiggling. The first player to empty their tissue box and yell RECESS wins.



EGG DANCE

Game Items

2 Eggs | 1 Pizza Tray

How to play.

In this game players must balance an egg on two different pizza trays and transfer them simultaneously from one place to another. Before the start of the game, place an egg on each of two different trays and sit them on a table. When the game begins the player must pick up both trays (one in each hand) and then take them 15 ft to the other side of the room and sit them down. If the egg falls, the player must rest and start from the beginning. The first player to successfully transfer the eggs and yell RECESS wins.



EXTREME HANKY PANKY

Game Items

2 Tissue Boxes

How to play

In this game players must empty two standard tissue boxes at the same time using only their hands. Before the game begins place two open tissue boxes on either side of the player. When the game begins, the player must empty both boxes at the same time by pulling out tissues from both boxes one at a time. The first player to empty the two boxes of tissues and yell RECESS wins.



FLOATACIOUS

Game Items

1 Big Bowl | Water | 1 Small Paper Plate | 5 Cans

How to play

In this game players will make a tower by stacking cans on on a plate in a bowl of water. Befor eth game begins fill the bowl with water and place it in the center of the table next to a small plate and 5 cans. When the game begins the player will place the plate in the bowl of water and begin stacking cans on the now floating plate. The first player to successfully stack all five cans in a single tower that stands for atleast 3 secs and yell RECESS wins.



OFFICE TENNIS

Game Items

Paper | Paddles | Trash Bin or Bucket

(Can use hands instead of paddles)

How to play

In this game each two players will attempt to toss a crumpled piece of paper into a bin using paddles/hands. Before the game begins, stand players facing each other on either side of the table with three balls made by crumpling a piece of paper. Place the bin on the floor at the other end of the table. When the game begins player will bounce the paper balls one at a time back and forth between each other until they get it in to the bin at the end of the table. Players can only hit the paper ball once to get it across the table to the other player. The first team to successfully get all three balls into the bin and yell RECESS wins.



READY SPAGHETTI

Game Items

Spaghetti | 3 Soda Cans

How to play

In this team game, players will use their noodles to transport soda cans. Before the game begins stand players face to face on opposite sides of each other at the end of the table. Place spaghetti noodles and facing each other on opposite sides of the table. When the game begins players must pass a piece of spaghetti through the tabs of a soda can then pick it up using only their mouths and transfer it to the other side of the table to form a pyramid. Once the players have picked the can up off of the table they may no longer use their hands at all. The first team to stack their cans in a pyramid and yell RECESS wins.



TAP TRAP

Game Items

3 Red Cups | 3 Cans

How to play.

In this game, similar to flip cup, players must flip cups on to a soda can. Before the start of the game, place 3 cans in a row in the middle of the table about an 3 inches apart from each other. On top of the soda cans place 3 cups sitting upright, slightly over the edges of each can. When the game begins the player must flip the cup from the edge of the can in such a way that it lands upside down over the can. The first player to successfully flip all three of their cups over the 3 cans and yell RECESS wins.



EVEN TRANSFER

Game Items

2 Bowls | 5 Ping Pong Balls | 1 Spoon

How to play.

In this game players will transfer ping pong balls from one bowl to the other with their mouth using only a spoon. Before the game begins place one bowl filled with 5 ping pong balls at one end of the table and the other bowl at the opposite end of the table. The player should be standing in front of the bowl of ping pong balls with a spoon. When the game begins, the player must put the spoon in their mouth and place one ping pong ball on the spoon. Then, without using their hands, transfer the ball into the empty bowl at the other end of the table. The first player to transfer all 5 balls and yell RECESS wins.



CUP TO CUP

Game Items

Bucket | Cup | Water

How to play

In this team game players will work together to pass water from cup to cup into a bucket. To begin you will put one full bucket of water in the grass and have one player sit facing the bucket. Have the rest of the team sit in a straight line behind the first player. (each pair in the team should be sitting back to back and if an odd number of players last player will pour into the bucket backwards) Put another either smaller bucket or a bucket with a marked halfway line in front/behind of the last player. The first player must dip the cup in the full bucket of water and pass it backwards over their head to the next player from cup to cup. The final player dumps the water in the cup into the empty bucket. The first team to fill their bucket wins.



SPONGE TOSS

Game Items

2 Large Sponges | 2 Buckets | Water

How to play

In this game players will use a sponge to transfer water and fill their bucket. Players must place a bucket full of water on one side of the yard and place an empty bucket on the other. Have teams line up their players anywhere between the two buckets but once they're lined up - they are frozen in place and cannot change their placement. One player on each team should be next to the full bucket and one next to the empty bucket. The first player must dunk the sponge in the full bucket of water trying to soak up as much water as possible. The player must toss the sponge to their next teammate who tosses it to the next and so on until it reaches the final player by the empty bucket. That player wrings out the sponge and passes the empty sponge back down the line. The first team to fill their bucket and yell RECESS wins.



WATER BOTTLE TOSS

Game Items

Water | Kiddie Pool | Bottle

How to play.

In this game players will use a water bottle to fill up a bucket. Before the game begins, fill up a plastic kiddie pool and place an empty water bottle (or numerous) in the pool. Place an empty bucket on the other side of the yard 15-20 yards from the pool. Mark a line on the outside of the bucket about half way up to serve as the fill line for the game. Create an assembly line with the players between the pool and the bucket. When the game begins, the player nearest the pool will fill up the bottle, then toss the open bottle to player next to them and so on until the bottle reaches the last person in the assembly line who will pour the remaining water in the bucket, then race over to the first player to start the process over again until the bucket is filled past the fill line. The first team to reach the fill line and yell RECESS wins.

CARD NINJA

Game Items

7 Red Cups | Deck of Card

How to play

In this game players will knock cups off the edge of the table using playing cards. Before the start of the game place 7 red cups in a row in the center of a table. The player should stand in front of the table with the deck of playing cards in their hands. When the game begins, the player must toss playing cards one at a time like a ninja would throw a star (or frisbee) and knock the cups off the edge of a table. The first player to successfully knock one off all of their cups and yell RECESS wins.



SPIN CITY

Game Items

Shot Glasses | Red Cups | Various Liquids

How to play.

In this game players will spin a bottle and be forced to take a mysterious shot from under a cup. Before the start of the game have one person fill several shot glasses with various liquids and place them in a circle. Then, cover each shot glasses with a red cup. Finally, place a bottle in the center of the circle. When the game begins, each player will take turns spinning the bottle in the middle of the circle. The player must drink the liquid in the shot glass under the cup the bottle lands on.



DISCO BALLS

Game Items

Bottle | Balls | CD (disc)

How to play.

In this game players will place a ball on top of a bottle using a CD. Before the start of the game place one open bottle at the end of the table and one CD and ping pong ball at the other end. When the game begins the players will use the CD to carry a ball over to the bottle and carefully place ball onto the top of the bottle. If the ball falls in transit or after it's been placed onto the bottle, the player must start again from the beginning. The first player to successfully carry their ball over, place it on top of the bottle and yell RECESS wins.



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OVER THE EDGE

Game Items

7 Red Cups, 1 Balloon

How to play.

In this game players receive a deflated balloon that they will inflate to blow cups over the edge of a table. Before the game begins, cups are set up in a single line going left to right in the middle of a table. At the start of the game, players will take one balloon and inflate. Then, without touching the cups use the expell the air from the balloon to knock the cups over the edge of the table. The first player to successfully knock over all the cups and yell RECESS wins.

CUP STACK

Game Items

15 Red Cups

How to play

In this players will make a singular stack of 15 cups. Before the game begins spread out 15 cups, upside down all over the table and position the player at the middle of the table with one hand behind their back. At the start of the game, with one hand behind their back, the player must stack all 15 cups and place the completed stack in the center of the table. The player may not interchange hands. Whichever hand they start the game with, must be the hand they use for the duration of the game. The first player to to successfully stack all 15 cups in the center of the table and yell RECESS wins.

TOP 2 BOTTOM

Game Items

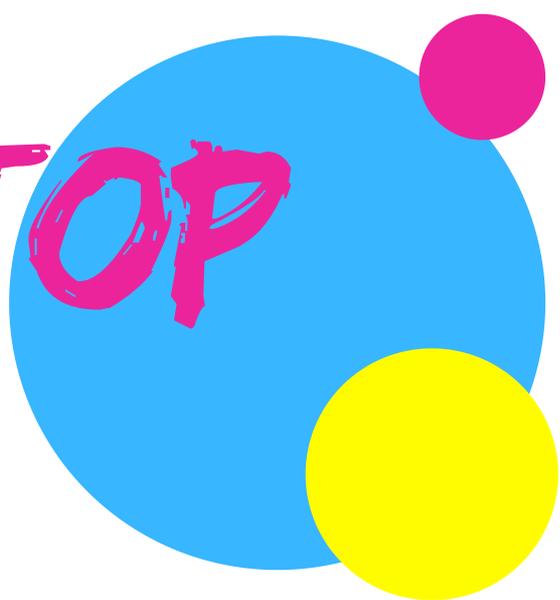
15 Red Cups | 1 Blue Cup

How to play.

In this game players must restack a set of cups to until the cup of a different color is on the top of the stack. Before the game begins, the player will be given a stack of cups with one cup of a different color. The cup of a different color should be placed on the bottom of the stack. When the game begins the player must pull cups from the top of the stack one by one and place them at the bottom of the stack until the cup of a different color is at the top of the stack. The first player to successfully complete the game and yell RECESS wins.



COTTON TOP



Game Items

3 Red Cups | Cotton Balls

How to play.

In this game each player will hold a cup on the top of their head and toss cotton balls into the cup. Before the game begins place cotton balls randomly all over a table and place one cup upside down in the center of the table. When the game begins, the player will pick up the cup and hold it on top of their head, while tossing cottons balls into it with the other hand. The first player to toss 3 cotton balls into their cup and yell RECESS wins.



CATCH THE BALL

Game Items

1 Red Cups | Ping Pong Balls

How to play

In this game one player holds a cup on their head and catch ping pong balls being tossed by another player. Before the start of the game two players will stand 6ft apart facing each other. One player will have the cup on their head and the other will have cup filled with ping pong balls. When the game begins the player with the ping pong balls will toss them one at a time into the cup of the player across from them. Each time a player successfully catches a ping pong ball they must take one single step backward. The player tossing the ping pong balls can not move from their original position. This is repeated until the team successfully catches three ping pong balls. The player holding the cup may maneuver left to right and up and down as long as they do not take step backward, forward or touch the floor. The first team to successfully catch three ping pong balls and yell RECESS wins.



SPEED BOUNCE

Game Items

6 Red Cups | 6 Ping Pong Balls

How to play

In this game players will attempt to bounce ping pong balls into 6 cups. Before the start of the game cups are set up at the end of the table, right side up, in a triangle formation with cups placed behind each other increasing in quantity (i.e. 1 cup in first row, 2 cups in the second row, 3 cups on the third row). The player should be placed at the opposite end of the table. When the game begins the player must bounce ping pongs balls one at a time into the 6 cups. The first player to successfully bounce a ball into all six cups and yell RECESS wins.



RUBBER STACKER

Game Items

1 Rubber Band | 6 Red Cups | String

How to play

In this game a group of 4 players must use 1 rubber band and 4 pieces of string to stack 6 cups into the shape of a pyramid. Before starting the game tie the 4 pieces of string to the rubber band. As a team each player must hold a piece of string to stack the cups by stretching out the rubber band wide enough to place it over the cup. Once the rubber band is wrapped around the cup, the players must move it into position. This process is done repeatedly until all 6 cups are stacked on top of each other in the shape of a pyramid. The first team to stack their cups in the shape of a pyramid and yell RECESS wins.



FLIP CUP

Game Items

6 Red Cups

How to play

In this game players must flip cups from being upside down to right side up. Before the start of the game cups are placed in a horizontal line with the lip of each cup hanging just over the edge of the table. When the game begins the player must use their index finger to flip the cup right side up. Cups can only be flipped one at a time. Players may skip over cups and come back to them. The first player to successfully flip all 6 cups right side up and yell RECESS wins.



SIDEWINDER

Game Items

1 Red Cups

How to play.

In this game players will work as a team in a relay style format spinning cups right side up onto a table. When the game begins twill he first player place one cup on its side. With their fingers on the bass of the cup, spin the cup so that it sits open side down. Once the cup is completely still, the first player may move the cup to the side so that the next player can have a turn. The first team to have all of their players complete the game and yell RECESS wins.



YANK ME

Game Items

4 Red Cups | 3  Cards

How to play.

In this game players will work as a team of two. The first player will stack the four cups upside down in the form of a tower by placing the three index cards in between them. Once the cup tower is complete the second player must yank the index cards in such a way that the cups fall in a single stack. If the second player causes a cup to drop during this process, they must immediately stop and the first player must restack the cup tower. Once the cup tower is restacked then the second player may attempt the game again. The first team to stack their 4 cups and yell RECESS wins.



STACK ATTACK

Game Items

10 Red Cups

How to play.

In this game each player takes a stack of cups and creates a pyramid. Before the start of the game place a stack of 10 red cups in the center of the table. Once a pyramid is built, the player then breaks down the pyramid back into a single stack of cups and sits them in the center of the table. The first player to complete the game and yell RECESS wins.



SPEED ERASER

Game Items

8 Pencils | 8 Red Cups

How to play

In this game players must bounce a pencil into a cup. Before the start of the game, place eight cups equal-distance apart from each other in the center of the table. When the game begins the player must successfully bounce one pencil into each of the cups by using the eraser as a spring board. The pencil must remain in the cup with falling out for it to count. Players can start at any cup, but all cups must have one pencil in them to for the game to be completed. The first person to bounce all a pencil in each of the cups and yell RECESS wins.



TILT-A-CUP

Game Items

6 Red Cups | 6 Ping Pong Balls

How to play

In this game players will create a leaning tower of cups. Each player will start with a stack of 6 cups in their hand and six ping pong balls placed on the table next to them. When the game begins each player will take one ping pong ball from the table, bounce it on the floor and attempt to catch it in their cup stack. Once the player successfully catches the first ping pong ball, that cup is placed at the bottom of the stack and the player may grab the second ball off the table and make their next attempt. This process is completed until the player has successfully caught 6 balls in each of the six cups. The first player to do this and yell RECESS wins.



PIECE TOGETHER

Game Items

1 Set of Puzzle Pieces

How to play.

In this game players will piece together a puzzle. The player who completes their puzzle the fastest and yell RECESS wins.

Relay Style:

The first player pulls one puzzle piece at random from the stack of puzzle pieces. The next player must find a piece of the puzzle that fits the top, bottom, left or right of that piece. The next player does the same for the piece of the puzzle the player before them set and so on until the entire puzzle is completed



STAY ON KEY

Game Items

1 Shot Cup | 2 Keys

How to play

In this game players will attempt to flip a key into a shot glass. Before the start of the game place one shot glass in the center of the table in front of each player. When the game begins each player will use one key to flip the other key into the shot glass in front of them, similar to flipping a cup with your finger. The first player to successfully flip their key into the shot glass and yell RECESS wins.



CUPPACCINO

Game Items

1 Red Cup | Ping Pong Balls

How to play.

In this game players must bounce a cup on the table then bounce a ping pong ball into it. Before the start of the game place one cup right side up in front of each player in the center of the table. At the start of the game each player will grab the cup, bounce it on its side in such a way that the cup stands in an upright position. Once the cup is sitting up right, the player must then bounce one ping pong ball off of the table and into the cup. The first player to complete the game and yell RECESS wins.



BRUSH WITH DANGER

Game Items

1 Toothbrush | String | 1 Red Cup

How to play

In this team game players must successfully drop a toothbrush into a cup using two pieces of string. Before the start of the game, place a cup in the center between both players. Roll out two pieces of string parallel to each other and vertically between the two players. When the game begins one player will lay the toothbrush horizontally across the end of two pieces of string. The players must then maneuver the toothbrush along the tracks made by the two pieces of string and drop it into the cup in the center of the two players. If the toothbrush falls before it reaches the cup, the players must start the process again from the beginning. The first team to complete the game and yell RECESS wins.



BOUNCER

Game Items

9 Red Cups | Ping Pong Balls

How to play.

In this team game players work together to bounce balls into cups. Before the start of the game line up nine cups left to right across from the players and at the edge of the table. When the game begins, one at a time players will take turns bouncing their ping pong balls into the cups. In teams of three each player must bounce 3 ping pong balls into three cups. Players must go one at a time. Each player must successfully bounce their three ping pong balls into the cup before the next player on the team is allowed to make an attempt. The first team to get all 9 cups filled with ping pong balls and yell RECESS wins.



DROP ZONE

Game Items

String | Ping Pong Balls | 3 Red Cups

How to play.

In this team game players successfully drop one ball into each of three cups using two pieces of string. Before the game begins, place three cups equal distance between two players. Roll out two pieces of string parallel to each other and vertically between the two players. Select one player who will be responsible for placing the balls on the string track. Players may not switch between this role for the entirety of the game. When the game begins players must use the two strings in front of them as a track to maneuver the one ball into each of the three cups one at a time. Players may choose the order in which they attempt to drop the balls, but all three cups must have one ball in them to win the game. If one of the balls falls off of the string track before it reaches any of the cups, the players must start the process all over again. If one of the balls falls into a cup that already has a ball in it players must remove that ball and start the process over again. The first team to successfully complete the game and yell RECESS wins..



BLOW BALL

Game Items

6 Red Cups | Ping Pong Balls | Water | Ballon

How to play

In this game a player transfers one ball over 6 different cups using a balloon. Before the game begins, place 6 cups in a vertical row on the table in front of the players. The first five cups should be filled to the brim with water. The 6 cup will remain empty. Place a ball in the first water filled cup. When the game begins players will move the ball over all 5 cups and into the 6th cup using air expelled from the balloon. The player who finishes the game the fastest and yells RECESS wins.



WALRUS

Game Items

2 Straws | Ping Pongs | 1 Red Cup

How to play.

In this game players must transfer 3 ping pong balls from one end of the table to the other end of the table without using their hands. Before the game begins, place one cup at each end of the table. One of the cups should be empty and the other cup should hold the three balls. When the game begins the player will put the two straws in their mouths to resemble the tusks of a walrus. They will then have to carry the balls, one at a time, to the empty cup using only the straws. If the ball drops players must return to the start location and try again to make it the drop off location. The first player to successfully transfer all three balls and yell RECESS wins.



GOT YOUR BACK

Game Items

1 Red Cup | Ping Pong Balls

How to play.

In this team game players will work together and toss a ball into a cup. Before the game begins, two players will stand back to back. One player will holding ping pong balls, while the other holds a singel empty cup. Players must stand back to back the entire time. When the game begins the player with the ping pong balls attempts to toss a ball over their head into the cup the other player is holding. While playing this game the two players must spin in a circle until the player with the cup has successfully caught three ping pong balls. The first team to catch the 3 balls and yell RECESS wins.



WALL BALL

Game Items

1 Red Cup | Ping Pong Balls

How to play

In this team game players will work together to bounce a ball into a cup. Before the game begins place a table against a wall. Then have players face the table standing about 4ft away from each other. When the game begins one player will bounce a ball off the table onto the wall and the second player must catch the ball in a cup after it bounces off the table. Balls can bounce only one time before they are caught in the cup. The first team to catch 3 balls and yell RECESS wins.



RAPID FIRE

Game Items

6 Red Cups | Rubber Bands

How to play.

In this game players must stretch a rubber band and release it to knock down six cups that are stacked in the shape of a pyramid. Before the game begins stack six cups in the shape of a pyramid in the middle of the table. The player must stand 6ft away from the cups. When the game begins the player will begin firing rubberbands at the cups to knock them all on their sides. The first player to complete this game and yell RECESS wins.



CUP ON THE MOVE

Game Items

2 Red Cups | Ballons

How to play.

In this team game players will use balloons to race red cups through an obstacle course. Before the start of the game, create an obstacle course with a start and finish line using random household objects and place two cups behind the start line. When the game begins players will use their balloons to blow the cups through the obstacle course across the finish line. If cups fall over or off the table player must restart from behind the start line. The first player to successfully maneuver the obastacle course and yell RECESS wins.



SHOOT THE BALL

Game Items

1 Red Cup | Ping Pong Balls

How to play.

In this game teams of two will play a game of basketball. Before the game begins place two players 6 ft apart from one another facing each other. One player will hold a cup on their head and the other player will have ping pong balls. When the game begins the player with the ping pong balls will begin tossing them one at a time attempting to land them in the cup. The player holding the cup must stand straight up and motionless like a statue. The first team to catch 3 balls in their cup and yell RECESS wins.



PING PONG TAC TOE

Game Items

9 Red Cups | Ping Pong Balls | Water

How to play.

In this game cups players will attempt to bounce ping pong balls into a cup. Before the game begins fill 9 cups of water to the brim and place them in a make a 3x3 grid (3 rows of 3) at the center of the table. When the game begins the player will attempt to bounce ping pong balls into cups from one side of the table. First player to get three in a row diagonally, vertical or horizontally and yell RECESS wins.



HEAD 2 HEAD

Game Items

3 Red Cups

How to play.

In this team game players carry cups from one place to another using their foreheads. Before beginning the game set up two stations for the cups about 8ft apart. One station is where players will pick up cups and the other is for players to stack cups. When the game begins two players will use their foreheads to pick up three cups individually and transport them to the second station and stack them in a pyramid. Cups that fall or are touched by players (after release) must be placed back at the start. The first team to build their pyramid and yell RECESS wins!



BALLOON PYRAMID

Game Items

6 Red Cups | Balloon

How to play.

In this game a player will use a balloon to carry and stack cups into a pyramid. Before the game begins place 6 cups at the end of a table with the player at the opposite end. When the game begins the player will race to the end of the table where the cups are and attempt to carry each cup one by one to the opposite end of the table. In order to do this they will place a balloon in their mouth then into the cup. When the balloon is in the cup the player will inflate the balloon enough to pick the cup off the table and race to the other end of the table to put it in place. They will continue to do this one cup at a time until all 6 cups are stacked in the shape of a pyramid. Any cups that fall must be placed back at the start. Players may not touch the balloon or cups with their hands when transferring or stacking. The first player to stack all 6 cups in the shape of a pyramid and yell RECESS wins.



CHOP FLOP

Game Items

3 Red Cups

How to play.

In this game players will karate chop a cup and flip it so it stands upside down. When the game begins players will place a single cup right side and using the side of their hand karate chop it in such a way that the cup flips upside down. The first player to successfully flip three cups upside down and yell RECESS wins.



PUT A LID ON IT

Game Items

1 Generic Water Bottle | 1 Red Cup

How to play

In this game players will flip a bottle right side up and then flip a cup on top of it. Before the game begins fill an empty water bottle halfway with water and place it in the center of the table. At the start of the game the first player will take the half-filled water bottle off of the table and flip it so it lands right side up. Once they have successfully done this the second player will place a red cup upside down at the edge of the table and attempt to flip it in such a way that it lands on top of the water bottle. The first team to successfully flip the bottle and cup and yell RECESS wins.



CUP BALLET

Game Items

1 Bottle | 1 Red Cup

How to play

In this game team game players will work together to flip a cup on to a bottle. This is a similar game to put a lid on it but requires players to act at the same time. Before the game begins place a stack of cups on the table. One player should be 6ft from the table with the bottle. The other player will be behind the table. When the game begins one player will flip the cup using their index finger and launch it across the room towards the second player who will attempt to catch it with the bottle. The second player is only allowed to move the bottle to catch the cup but can not move their feet. The first team to catch a cup with the bottle and yell RECESS wins.



DEFYING GRAVITY

Game Items

3 Balloons

How to play.

In this game using one hand player must attempt to keep 3 balloons in the air for 60 seconds. To set up for this game blow up 3 balloons per player. When the game begins the player must place one hand behind their back. With the other hand they must toss all three balloons into the air one at a time and keep them suspended in the air. Remember, no resting a balloon on a body part and if a balloon hits the ground that player loses. The player that lasts the longest wins. If they both make it to the end of the 60 seconds, the first player to yell RECESS at the end of the 60 seconds win.



SPILLING TEA

Game Items

Red Cups | Water

How to play

In this game players will transfer water from cup to cup. Players will form 2 groups with at least 3-10 players. Before the game begins fill one cup to the brim with water for each team. Each team will form a single file line with the each player holding their cup on their heads. The player with the full cup of water should be in the front of the line. When the game begins the player in the front of the line will transfer water from their cup to the cup of the player behind them by tilting their head back. The player behind them will do the same for the player behind them and continue this process until the last person in the line has had their cup filled. The team who transfers the most water from the first pplayer to the last player wins.

