

60-Second Party Games for Adults

12 one-minute challenges · station cards, supply list and scorecard

How to host

1. Cut out the station cards and set each game up on its own table or spot.
2. Players (or teams) take turns: read the card, start a 60-second timer, go!
3. Beat the challenge before the timer runs out to score a point. Most points wins.
4. Tip: run two stations at once so nobody waits long, and let little ones try twice.

Supply checklist

- | | | |
|--|--|---|
| ☐ 10 pairs of socks | ☐ a list of 5 scrambled words | ☐ mini marshmallows |
| ☐ 2 bowls | ☐ basket | ☐ paper |
| ☐ 2 plates | ☐ belt or string | ☐ pencil |
| ☐ 20 buttons | ☐ chopsticks | ☐ ping pong ball |
| ☐ 20 coins | ☐ cookies | ☐ roll of toilet paper |
| ☐ 20 small candies | ☐ empty tissue box | ☐ spoon |
| ☐ 6 ping pong balls | ☐ hula hoop or laundry basket | ☐ straw |
| | ☐ jar | |

The games

1. **Chopstick Candy:** Move 10 candies.
2. **Paper Plane Hoop:** Two planes through.
3. **Scramble Sprint:** All five solved.
4. **Button Drop:** 5 buttons in the jar.
5. **Coin Tower:** A standing tower of 15 coins.
6. **Sock Match:** All 10 pairs matched.
7. **Marshmallow Catch:** 5 catches.
8. **Cookie Face:** Cookie in your mouth before time runs out.
9. **Shake It Out:** All balls out of the box.
10. **Straw Suck:** Move 10 candies.
11. **Mummy Wrap:** Roll used up, mummy wrapped.
12. **Spoon Relay:** Two full laps without dropping the ball.

Game 1

🕒 60 seconds

Chopstick Candy

YOU NEED

chopsticks, 20 small candies, 2 bowls

SET UP

Put the candies in one bowl.

HOW TO PLAY

Using chopsticks, move candies one at a time to the other bowl.

To win: Move 10 candies.

Game 2

🕒 60 seconds

Paper Plane Hoop

YOU NEED

paper, hula hoop or laundry basket

SET UP

Hang the hoop or stand the basket 3 big steps away.

HOW TO PLAY

Fold paper planes and fly them through the hoop or into the basket.

To win: Two planes through.

Game 3

🕒 60 seconds

Scramble Sprint

YOU NEED

pencil, a list of 5 scrambled words

SET UP

Write 5 scrambled words on a card (like TCA for CAT).

HOW TO PLAY

Unscramble all five words.

To win: All five solved.

Game 4

🕒 60 seconds

Button Drop

YOU NEED

20 buttons, jar

SET UP

Put a jar on the floor and stand over it.

HOW TO PLAY

Hold a button at your nose and drop it into the jar.

To win: 5 buttons in the jar.

Game 5

🕒 60 seconds

Coin Tower

YOU NEED

20 coins

SET UP

Spread the coins on the table.

HOW TO PLAY

Using one hand only, stack coins one at a time into a single tower.

To win: A standing tower of 15 coins.

Game 6

🕒 60 seconds

Sock Match

YOU NEED

10 pairs of socks, basket

SET UP

Mix all the socks together in the basket.

HOW TO PLAY

Find and fold each matching pair.

To win: All 10 pairs matched.

Game 7

🕒 60 seconds

Marshmallow Catch

YOU NEED

mini marshmallows

SET UP

Two players stand 2 big steps apart.

HOW TO PLAY

One player tosses mini marshmallows; the other catches them in their mouth.

To win: 5 catches.

Game 8

🕒 60 seconds

Cookie Face

YOU NEED

cookies

SET UP

Lie a cookie flat in the middle of your forehead and tip your head back.

HOW TO PLAY

Using only your face (no hands!), wiggle the cookie down your face and into your mouth.

To win: Cookie in your mouth before time runs out.

Game 9

🕒 60 seconds

Shake It Out

YOU NEED

empty tissue box, 6 ping pong balls, belt or string

SET UP

Put the balls in the tissue box and strap it to the player's back, opening down.

HOW TO PLAY

No hands: wiggle, jump and dance until every ball falls out.

To win: All balls out of the box.

Game 10

🕒 60 seconds

Straw Suck

YOU NEED

straw, 20 small candies, 2 plates

SET UP

Spread the candies on one plate.

HOW TO PLAY

Suck a candy onto the end of the straw and drop it on the other plate. No hands on the candy!

To win: Move 10 candies.

Game 11

🕒 60 seconds

Mummy Wrap

YOU NEED

roll of toilet paper

SET UP

Teams of two: one wrapper, one mummy.

HOW TO PLAY

Wrap the mummy from shoulders to ankles using the whole roll without breaking it too often.

To win: Roll used up, mummy wrapped.

Game 12

🕒 60 seconds

Spoon Relay

YOU NEED

spoon, ping pong ball

SET UP

Mark a start and a turn-around point about 5 big steps apart.

HOW TO PLAY

Hold the spoon in your mouth with the ball on it. Walk to the turn-around and back.

To win: Two full laps without dropping the ball.

Scorecard

One point for every challenge beaten in 60 seconds.

[illegible]