



At-Home Olympics

Please note that this kit contains Latex balloons

Celebrate the Summer Olympics and all kinds of amazing and silly world records with this kit for the whole family, Get ready for some all-in-good-fun competition and don't be afraid to look silly as you play and laugh together!

Kit Contents:

- Olympic-Inspired Game Instructions
- World Record Challenge Instructions
- Booklist
- Judge Scorecard

Included Game Supplies:

- Minute timer (you may also need a clock or phone timer)
- Post-its for World Record Challenge
- Paper straws for Straw Javelin Throw
- **Latex balloons for the Balloon Floor Routine**
- Ping-pong balls for Ping-Pong Halfpipe and Wall Basket Ball
- Vaseline for Nose Dive and Cotton Ball Archery
- Cotton balls Nose Dive and Cotton Ball Archery
- Playing cards for Ace Golf
- Yarn for Start/Finish line and Cotton Ball Archery
(you can also use masking tape for lines).



Your At-Home Olympics can be as casual or as formal as you'd like it to be!

- Will you dedicate one day for your Games, or spread it over multiple days like the official Olympics?
- If you want to make it a big event, you might start with an Opening Ceremony—make an Olympic torch, design flags that represent your family or yourselves, and play an important song to your family while you parade around the house or yard.
- Make a Games playlist with classic songs like Eye of the Tiger, Chariots of Fire, jock jams, or whatever motivates your family!
- Don't forget the Closing or Medal Ceremony. There are lots of ways to award your winners: make medals, paper crowns, sweet treats, or even use sticks and leaves to make a wreath like they would have done in Ancient Greece!





Let the Games Begin!

Straw Javelin Throw: Find an area large enough to have a runway, a starting line, and room to throw the 'javelins.' Players can start as far back from the starting line as they'd like, then run up to the starting line and launch their straws. The player to toss their straw the farthest is the champion.

Hands Free SOCKer: Set up by placing 25+ random items (large and small) in a laundry basket or box, create a starting line with yarn or tape, and get a rolled up pair of socks. After starting the timer, players first kick the SOCKer ball from the starting line over to touch the basket/box.

Second, players use their hands to pick up as many items as possible to bring back to the starting line--BUT they can't carry the items in their hands (must tuck under neck, in elbow etc). Balancing as many items as possible, players kick their SOCKer ball back over the starting line. Players may take multiple trips until the timer runs out. The player to transport the most objects in a minute is the winner.

Fork Bowling: Use forks and at least two coins (quarters work best). Set a fork at either end of a table or hallway with the tines pointing towards the opposite player. Two players compete at a time, rolling a coin toward the fork across from them and trying to get it to stick upright in the tines. The player with the most 'catches' in a minute is the winner.

Household Triathlon: Set up three different stations that players will have to compete as quickly as possible to finish their household triathlon. Players can race (if you have enough supplies) or be timed individually. The person to complete all three events in the shortest time is the winner. Need: clock or phone timer, towels or rugs, paper napkins, and a basket of unmatched socks.

Event 1—Rug Run: Players have to sit on a bath mat (towels or rugs also work!) and scootch their way from a starting line to finish point (perhaps touching a wall) and back again.

Event 2—Breath Control: Place a paper napkin or tissue on a wall and time how long you can keep it there just by blowing on it.

Event 3—Spin Cycle: Players have to search through a basket of unmatched socks to find five pairs, then must fold the socks and place them on the ground to finish.



Basket Ball on the Wall: Use ping-pong balls or crumpled paper balls, two large baskets or buckets, a wall you can bounce things on without damaging anything. Place the baskets or buckets near an empty wall. Players have ten tries to toss a ball off the wall and into the basket from a designated spot across the room. Players receive one point for every ball that lands in the bucket.

Nose Dive: Use Vaseline, cotton balls, two bowls. Players dab Vaseline on their noses, then try to use their noses to pick up cotton balls from one bowl and transfer them to the other bowl—no hands! The person to transfer the most cotton balls in a minute is the champion.

Ping-Pong Halfpipe: Use a small box or stack of books, a piece of stiff paper (or thin cardboard), small basket or box, and ping-pong balls. Use the large box and paper to create a ramp, then each player gets ten tries to roll the ping-pong balls over the ramp to land in the small basket. Most baskets wins!

Book Balance Beam: Players balance a book on their head and walk along a predetermined course. The player who makes it the farthest without dropping their book is the winner.

Balloon Floor Routine: Use: balloons, clock or phone timer, music. There are two ways to run this event. **Option 1:** Players are timed while they try to keep two balloons in the air as long as possible. The player with the longest time is the winner. **Option 2:** players choose a song, and try to keep one balloon in the air for the whole routine. Everyone else is a judge; each judge gives the player a score out of ten (throw out the highest and lowest score). Players can earn higher scores for adding fancy moves, flair, and costumes to their routine, or be penalized for dropping their balloon (but should finish their routine!). The player with the highest score is the winner.

Cotton Ball Archery: Use Vaseline, cotton ball, string. Tie a cotton ball to the end of a piece of string. Make sure the string is the same length for each player. Players dab Vaseline on their nose, then hold the end of the string in their mouth and try to get the cotton ball stuck on their nose (bullseye!). First one to stick a bullseye is the champion.

Ace Golf: Use playing cards and a cup. Place an ace on the bottom of the deck of cards, then set the deck on top of an upside-down cup. Players must try to blow the cards off the cup, trying to get a 'hole in one' by leaving only the ace on the cup. The player with the fewest cards on the cup after a minute is the winner--players who blow all the cards off the cup are disqualified, so take care!



World-Class Book Suggestions

Scholastic Year in Sports 2020

Buckley, James, Jr.

Extreme Records: The Tallest, Weirdest, Fastest, Coolest Stuff on Planet Earth!

Beer, Julie

Guinness World Records 2021

(and other years!)



The Coolest Stuff on Earth: a Closer Look at the Weird, Wild, and Wonderful

Royce, Brenda Scott

Atlas of Record-breaking Adventures: A Collection of the Biggest, Fastest, Longest, Hottest, Toughest, Tallest and Most Deadly Things From Around the World

Hawkins, Emily

The World's Greatest Olympians

Hurley, Michael

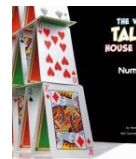
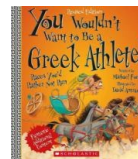


The Summer Olympics: The World's Best Athletic Competition

Scheff, Matt

Amazing Athletes

Billioud, Jean-Michel



On your Mark, Get Set, Gold! An Irreverent Guide to the Sports of the Summer Games

Allen, Scott

You Wouldn't Want to Be A Greek Athlete! Races You'd Rather Not Run

Ford, Michael

The World's Tallest House of Cards and Other Number Records

Adamson, Thomas K.

Guinness World Records: Outrageous Oddities

Shiotsu, Vicky



Out of This World Records

Have you ever wanted to set a world record? Maybe you can! If you can imagine it, there's probably a world record for it.

Visit these sites to explore world records, and try some of the selected one below!

www.recordsetter.com

www.guinnessworldrecords.com

Most Post-Its on the Face in One Minute – Guinness World Records

Grab the Post-Its from this kit, and see how close you can come to beating the world record: 60 sticky notes in 60 seconds. They must be put on one at a time and must only stick to your face—not each other! Watch the video here: <https://bit.ly/3uzh9TG>

Backwards Alphabet—Record Setter

World Record: 2 seconds to type the alphabet backwards on an iPad. Try it at home by seeing who can write the alphabet backwards the fastest. Watch the video here: <https://bit.ly/3fsagPD>

Most Claps in One Minute - Guinness World Records

How many times can you clap in one minute? The Guinness world record is 1,080 claps in a minute. Watch the video here: <https://bit.ly/3ibTPsD>

Most Snorts in Ten Seconds—Record Setter

The actual record is 58 snorts in ten seconds, but Eliot's 22 in ten seconds was just too cute. Watch the original here: <https://bit.ly/3hZ6tLq> See the current champion here: <https://bit.ly/3p8NAat>

World Record for Bum Kicks in 20 Seconds

Ok, this one might not be an official record, but you should definitely challenge your friends and family! Watch the video here: <https://bit.ly/3fTOByy>

Want more to try at home?

Here's a cool video from Guinness World Records with more ideas to try at home
<https://bit.ly/3fOWJ3E>

Judge Scorecard

Write the name of each player in one of the columns. Decide which games you'll play—you don't have to do them all! For each game, write a 1 for the person who got first place, 2 for second place, 3 for third place and so on.

To find your overall winner, add up each column. The person with the lowest score is the gold medalist!

Straw Javelin Throw							
Fork Bowling							
Hands Free SOCKer							
Household Triathlon							
Wall Basket Ball							
Nose Dive							
Ping Pong Halfpipe							
Book Balance Beam							
Balloon Floor Routine							
Cotton Ball Archery							
Ace Golf							

Add your own events, or try some of the world record challenges!