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Boredom Buster

5-High Cup Game

Need a quick, easy family activity? Grab five plastic cups and you're ready to play! Who will have the best flipping/stacking skills in *your* family?



Clear plastic cups

How to Play

1. Gather five plastic cups; place one upside down.
2. Flip the other cups until they land upside down on top of the main cup, eventually creating a stack of five.
3. Make it easier by placing the main cup on a small water bottle to hold it in place. Make it harder by requiring two or more flips in the air before the cup lands.



Quick Info

Players: 1+

Ages: 6+

Prep time: 2 min.

Playing time: 20+ min./game

Supplies:

- Clear plastic cups (an item from your Game Pantry)

Adaptations



1. Set a timer and see who can stack the most cups during that time.



2. Bounce cups onto the main cup. It helps to put an item inside to stabilize it.



3. Place the main cup at an angle on a water bottle.

Conversation Starter: It's much easier to stack the cups when the main cup is stabilized and grounded. What things best help you stay grounded when potential challenges could knock you over or push you around? Why can those things help keep you centered on what matters most?