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Boredom Buster

Cups by the Yard

Grab a yardstick and some plastic cups, and then get ready for a challenge! How many cups can you balance? How fast can you do it?



How to Play

1. Balance a yardstick on one or two fingers.
2. Add one cup at a time until you can stack 10 cups across the entire yardstick.

Quick Info

Players: 1+

Ages: 8+

Prep time: 2 min.

Playing time: 5+ min./game

Supplies:

- Yardstick
- Plastic cups

Level-up Challenges

To level up your game, try these challenges:

- Balance the yardstick with your nondominant hand.
- Have someone guide you with your eyes closed.
- Lift the yardstick to eye level.

Adaptations



1. Balance the yardstick on the back of your hand.



2. Stack the cups inside each other.



3. Build a tower with the cups stacked in alternating directions.

Conversation Starter: Nothing is as constant as change! This game has you constantly reevaluating your balance point to keep the cups upright. How can you regularly evaluate the balance of everything in your life to stay centered with everything going on?