



## #homedevos 13.3

### **FAMILY NIGHT**

#### **Evening filled with Games, Fun and Laughter**

Dear Parents,

I realize that having a games night might be totally outside your comfort zone. It is after all much easier to watch a movie together with popcorn. But I want to really encourage you not to throw this idea of a game's night out of the window. The benefits you are going to reap will super exceed your time and efforts. A quick testimony: Our daughter and granddaughter (from Pretoria) are with us. They were locked down while they were here on holiday. It was our granddaughter's 20<sup>th</sup> birthday the other day and with Lockdown there was no meeting and celebrating with friends. Her mom was creative and with much effort and little money she took us on the most amazing travelling supper around the world in our home. She turned three rooms into three countries (amazing!) and even had an "airport lounge" where we arrived and departed from with a costume change, ready for the next country. We had so much fun and laughter. It is definitely one of the best birthday parties we ever had, and the lingering sweet memories bring warmth in our hearts, smiles on our lips and closeness and connectedness with one another.

Be inspired, Marietjie

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#### **In preparation:**

- Make this a priority for all to be part of it.
- Get the family excited and looking forward to your Family Night.
- Plan your evening well.
- Decide which games you are going to play and get everything you are going to need ready.
- Decide what prizes you are going to give, what it will be and get it ready.
- You will need a timer/stopwatch.

- Game rules need to be explained clearly before it is played.
- Remember, it is a **FUN** night. Set the temperature with lovely, lively music and create a party atmosphere even with some decorations like balloons and streamers.

### How it is going to work:

We are going to play “Minute to win it” games. The games are easy things to do within a minute. You can all participate together or in teams or individually, depending on the size and dynamic of your family. I want to encourage you to adapt the evening to your family. Do not think “It is only me and my child”. The two of you can play, compete, and have lots of fun and laughter together.

Read through the list of game ideas. Choose the games you are going to play and get the necessary items for it ready. (Don’t worry, most of it are ordinary things in the house.)

Plan an easy meal and plan when you are going to have it, e.g. play a few games, have supper and play some more games, finish with a prize giving.

### Game Ideas:

- **Defying Gravity**

Using one hand, everyone keeps their balloon in the air for one minute. If this is too easy, you can add two balloons (or more!). Remember, no resting a balloon on a body part.

*You will need:* balloons



An alternative is keeping a feather in the air by blowing it.

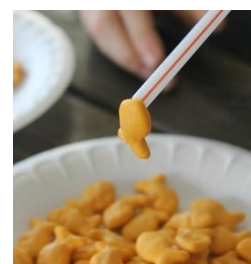
*You will need:* feathers

**Go**

### Fishing!

Transfer something small from one plate to another by using a straw to suck it up and move it to the other plate (and no hands to make it more challenging.) See who transfers the most in one minute.

*You will need:* mini crackers/mini marshmallows/smarties and plates, straws





An alternative is **Nose Dive**: Move cotton balls from one plate to another only with your nose and no hands within a minute. Dab a little Vaseline or peanut butter on the nose ... it will be helpful.

*You will need:* balls of cotton wool, plates, vaseline or peanut butter

- **Cookie Face:**

This is by far one of the favourites!

Place a biscuit like Oreos/Jolly Jammers on an eye (or forehead to make it more challenging). Use only

the facial muscles to move it down into the mouth—no hands.

*You will need:* biscuits for everyone and more



- **Stack Attack:**

Give the child one single stack of 36 plastic cups. Stack all the cups into a pyramid and then unstack them, making a single column again within a minute. To work in teams is more challenging.

*You will need:* plastic/paper cups



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Alternatives:

- **Apple Stacking:**

Stack five apples (or three for younger kids) on top of each other and stay for three seconds within one minute using only one hand.

*You will need:* apples

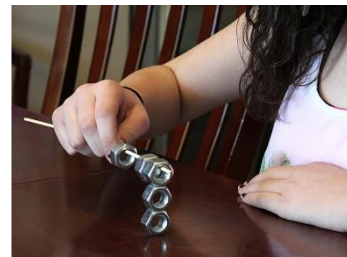
- Stacking nuts:

Put five nuts on a wooden stick and

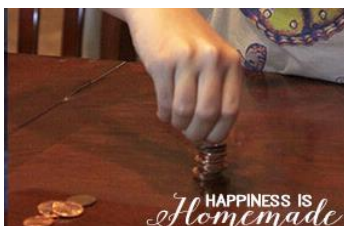
them

on top of one another using only one hand within a minute.

*You will need:* nuts and sosatie sticks



stack



- Stacking coins:

See who can build the highest tower by stacking coins using only one hand.

*You will need:* coins

- **Penny Hose:**

Place a R5 coin in the toes of a pair of pantyhose. Without using your hands work a hand in each leg and try to get the pennies out. One-minute challenge.  
*You will need:* R5 coins and pairs of pantyhose



- **Dice Balance:**

See how many dices/marshmallows you can get balance on the stick in one minute (the most dice wins!). It's a little tricky and super fun to watch!  
*You will need:* something like a short ruler and dices or marshmallows



**Ideas for prizes:**

- The Clown prize - for the funniest moves made (Liquorice Allsorts)
- The LOL prize - for the one who laughed the most/made us laugh the most (Smarties)
- The Bulldog prize - for the most persistent in keep on trying (Fizzler)
- The Southeaster prize - for the one with the longest, strongest breath (Candy floss)
- The Trickster prize - for the cheater of the night (Amajoya toffees)
- The Architect prize - for the best plans made (Topdeck chocolate)

Be creative. Have fun!

**Websites to visit:**

<https://redtri.com/the-best-minute-to-win-it-games-for-kids/>

<https://www.happinessishomemade.net/awesome-minute-to-win-it-games/>

<https://www.playpartyplan.com/minute-to-win-it-games-for-kids/>

<https://www.thechaosandtheclutter.com/archives/family-fun-night-minute-to-win-it>