

Book End

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The Goal:

Score points by standing up while balancing a book on your head.

What You Need:

Timer / [Interval Music](#), Book (or Flying Disc)

How To Play:

- On the start signal, balance a book on top of your head and try to stand up.
- If you successfully move from a seated to a standing position without the book falling off your head, you score a point. Sit back down and try again.
- If the book falls off your head, return to a seated position and try again.
- Score as many points as you can in one minute!
- Bronze = 1-3 points, Silver = 4-5 points, Gold = 6 points

Download or stream 1-Minute Challenge Music on [Apple Music](#) or [Spotify](#)



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