



GoBeGreat

The GoBeGreat Foundation celebrates difference-makers and overcomers, those who serve with kindness and selflessness while sharing their gifts, talents and opportunities with others.

It encourages perseverance, leadership and community.

[Learn more at WeAreGoBeGreat.com](http://WeAreGoBeGreat.com)



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Book End

Watch this activity demo on  YouTube 

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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Zero Gravity

Watch this activity demo on  YouTube 

The Goal:

Keep three balloons in the air for 1 minute.

What You Need:

Timer / [Interval Music](#), 3 Balloons

How To Play:

- Stand in personal space holding three balloons.
- On the start signal, toss the balloons into the air.
- Tap or volley the balloons to prevent them from touching the ground.
- To succeed, you must keep all 3 balloons in the air for 1 minute.

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Jacks Flash

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The Goal:

To remove all 6 pieces of paper by rolling every number on a 6-sided die in 1 minute.

What You Need:

Timer / [Interval Music](#), 6-sided die, 6 pieces of paper (numbered 1-6)

How To Play:

- On the start signal, roll a 6-sided die and do that number of jumping jacks.
- Next, remove the piece of paper with the number that you rolled and repeat.
- If you roll the same number, you must complete the jumping jacks before rolling again, but you do not have to do anything with the piece of paper because it has already been removed.
- To succeed in this challenge, you must roll all numbers 1-6 before your 1-minute timer has expired.

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Grand Slam

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The Goal:

Score as many points as you can in 1 minute.

What You Need:

Timer / [Interval Music](#), Book (or Target), Paper Ball, Marker (or Pen)

How To Play:

- Stand a book on its end on top of your desk or table.
- Stand 2 paces away holding a marker (cap on!) in your dominant hand and a paper ball in the opposite hand.
- On “GO!” toss the paper ball into the air and hit/strike it with the marker.
- If the paper ball hits the book/target, you just hit a “grand slam” and score 4 points! Quickly retrieve the paper ball and continue the action until the one minute timer signals the end.
- Levels: Bronze = 12-18 points, Silver = 18-24 points, Gold = 24+ points

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Bowling for Cups

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The Goal:

Knock down 6 plastic cups in 1 minute.

What You Need:

Timer / [Interval Music](#), 6 plastic cups, bean bag (or sock ball)

How To Play:

- Arrange cups in a line with each cup spaced approximately one foot apart. Stand 5-15 paces away.
- On the start signal, slide the bean bag (or sock ball) on the ground attempting to knock down one of the cups.
- Race to collect your bean bag and any cup that is knocked over.
- Return to your starting position and repeat.
- Your goal is to knock over all 6 cups in 1 minute.

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