

UPS AND DOWNS



SUMMARY	2 teams compete to flip cups up or down depending on their team within the time limit.
SUPPLIES	<ul style="list-style-type: none">• 60 or more stacking cups or disposable cups• 1-minute timer
SET UP	<ul style="list-style-type: none">• Pick 3 kids from each team• Place all the cups in the playing area in a few tall neat stacks• The playing area can be a table, stage, floor, -wherever they are visible to the audience)• Assign one team to be the "Ups" and the other to be the "Downs"
GAMEPLAY	<ol style="list-style-type: none">1. When the timer starts, each kid will do their best to make sure they turn the cups so that they match the name of their team - "Ups" want all the cups to face up and "Downs" want all the cups upside down.2. IMPORTANT: Players cannot physically block the other team or hold cups in their hands waiting for the timer to stop. They may only flip cups and move on.3. At the end of 1 minute, the team with the most ups or downs wins the round.

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