

The Cup Game



Planning

- 10-15 minutes
- Suitable for any size group

Materials

- Plastic Cups

Instructions

- Divide youth into pairs.
- Choose one person to start as the leader.
- Each pair stands facing each other.
- Place one cup on the floor between the two players.
- Remind players to keep their hands off the cup until “CUP” is called.

Game Play

- The leader calls out simple instructions, such as:
 - “Touch your knee”
 - “Clap your hands”
 - “Blink”
 - “Spin in a circle”
 - “Touch the floor”
- Players must perform the instruction immediately.
- When the leader calls “CUP”, both players try to grab the cup as fast as they can.

- The player who grabs the cup first wins and moves on to play another winner.
- Players who do not win sit out and watch.
- New pairs place the cup between them and repeat the game.
- The **final winner becomes the new leader**.

Variations

Silly Instructions

- Make a funny face
- Hop on one foot
- Blink twice
- Dribble a basketball
- Cheer

Speed Round

- Call instructions quickly, with very short pauses.

Debrief

- What did you have to do well to succeed in the game?
- How did paying attention help you?
- What happened when you reacted too early—or too late?
- How can we encourage others even when we're not playing?
- Why is it important to listen carefully to instructions?

