



Fill the Bottle

What you need:

- 1 4 oz cup per person
- 1 20 oz soda bottle per team
- 1 bucket of water per team

How to play

This is a relay race.

Divide the group into 2 or more teams.

One person from each team will lay on ground while holding a 20-oz plastic soda bottle on their forehead or chest (bottle person).

The first teammate runs to the bucket to fill up their 4-oz cup.

The first teammate then attempts to pour the cup of water into the soda bottle while standing over the bottle person.

Teammates will continue to do the same until 20-oz bottle is filled.

Once the 20-oz bottle is filled, the bottle person should run to the finish line without spilling the water.