

Tristina's Magnificent Minute Challenges



One Minute
Challenges
for
Busy Bodies,
Minds,
& Big Feelings



These silly, wiggly, fast-paced challenges are inspired by Tristina and Biscuit's world of big feelings, busy brains, and magnificent mistakes. Players will laugh, move, problem-solve, and practice persistence while racing against the clock. All of these challenges can be done using common household items and a timer.

These games are organized by the type of challenge they present, requiring various skill sets from dexterity and balance to speed and precision.

Each challenge includes:

- A Tristina Trait
- A Biscuit Bonus
- 60 seconds of CHAOS!



YOU DON'T HAVE TO BE PERFECT...

BUT YOU DO HAVE TO KEEP TRYING!

BISCUIT COOKIE WIGGLE



TRISTINA TRAIT: Persistence

MATERIALS:

- Oreo or similar round cookie
- Clock, stopwatch, or timer



THE CHALLENGE: Move a cookie from your forehead to your mouth without using your hands.

HOW TO PLAY:

1. Each player places a cookie on their forehead while standing straight up.
2. Using only facial muscles and head movements, the player must maneuver the cookie down their face and into their mouth
3. Hands cannot touch the cookie at any point.

WIN THE CHALLENGE:

Get the cookie in your mouth before time runs out!

More challenging: Keep trying to improve your time!

BISCUIT BONUS:

Make your silliest Biscuit face while wiggling.

SKILLS PRACTICED:

- Persistence
- Focus
- Emotional regulation
- Problem-solving
- Fine motor skills

SENSORY SPOTLIGHT:

- Proprioceptive – head and neck control, facial muscle awareness
- Vestibular – controlled head movement and balance
- Interoceptive – noticing frustration, excitement, and body reactions
- Motor Planning – figuring out how to move the cookie successfully

MAY SUPPORT CHILDREN WHO:

- rush through activities
- become frustrated easily
- need practice and patience
- enjoy silly facial play
- benefit from focused attention tasks
- need help slowing down
- need help focusing



TOWER OF TROUBLE



TRISTINA TRAIT: Focus during chaos

MATERIALS:

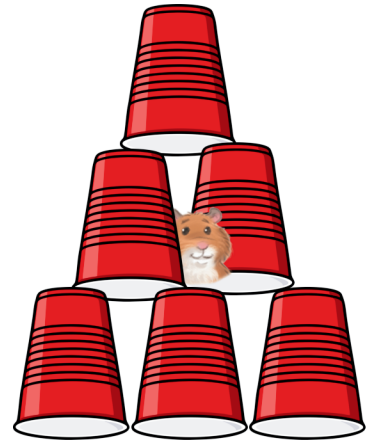
- 36 plastic cups and a flat surface
- Clock, stopwatch, or timer

THE CHALLENGE:

Stack all 36 plastic cups into a perfect pyramid and then dismantle the pyramid into a single stack.

HOW TO PLAY:

1. Start with 36 cups in a single stack.
2. Build a pyramid structure (8 cups on the bottom row, then 7, 6, 5, 4, 3, 2, 1)
3. Once the pyramid is complete, put all cups back in a single stack.



WIN THE CHALLENGE:

Build the entire tower and then put cups back into a single stack before 60 seconds is up.

BISCUIT BONUS:

Every time a cup falls, shout: "Oops, I can try again!"



SENSORY SPOTLIGHT:

- Proprioceptive – controlled arm and hand movements
- Visual Processing – tracking cup placement and spacing
- Bilateral Coordination – using both sides of the body together
- Motor Planning – sequencing stacking patterns

SKILLS PRACTICED:

- Attention
- Coordination
- Planning ahead
- Staying calm during mistakes

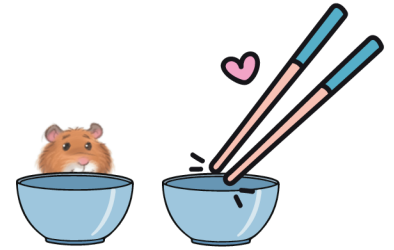
MAY SUPPORT CHILDREN WHO:

- feel overwhelmed by clutter or chaos
- struggle with focus
- enjoy building activities
- need support with flexible thinking

BISCUIT'S PICK-UP PREDICAMENT



TRISTINA TRAIT: Trying hard things



MATERIALS:

- Tweezers (easier) or Chopsticks (harder)
- Two bowls
- Small objects such as pom poms or cotton balls
- Clock, stopwatch, or timer

THE CHALLENGE: Move tiny objects from one bowl to another using tweezers or chopsticks.

HOW TO PLAY:

1. Pick up one object at a time using the tweezers or chopsticks.
2. Transfer each item into the empty bowl.
3. If you drop one, return it to the original bowl.

WIN THE CHALLENGE:

Move all of the objects before time runs out.

More challenging: add more items to the starting bowl.

BISCUIT BONUS:

Use your "encouraging" voice after every drop.

SKILLS PRACTICED:

- Patience
- Focus
- Hand-eye Coordination
- Resilience
- Dexterity



SENSORY SPOTLIGHT:

- Proprioceptive – hand and finger awareness
- Interoceptive – recognizing frustration and persistence
- Fine Motor Skills – finger strength and precision

MAY SUPPORT CHILDREN WHO:

- avoid difficult tasks
- become discouraged quickly
- need hand-strengthening activities
- benefit from slower, focused tasks
- needs practice with frustration tolerance

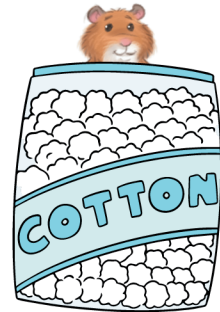
BISCUIT'S NOSE KNOWS



TRISTINA TRAIT: Staying calm while being silly

MATERIALS:

- Cotton balls or pom-poms
- Two plates (placed a few feet apart)
- Petroleum jelly
- Clock, stopwatch, or timer



THE CHALLENGE: Rescue a runaway worry cloud using only your nose.

HOW TO PLAY:

1. Put a tiny dab of petroleum jelly on the tip of your nose.
2. Pick up the "worry cloud" from one plate.
3. Move it to the other plate. (No hands allowed)

WIN THE CHALLENGE:

Move the "worry cloud" from one plate to the other.

More challenging: increase the number of cotton balls.

BISCUIT BONUS:

Walk dramatically like you are carrying the world's most important fluff.



SENSORY SPOTLIGHT:

- Proprioceptive – body control without using hands
- Interoceptive – managing excitement and silliness
- Vestibular – body movement while balancing
- Tactile – sticky textures and light touch input

SKILLS PRACTICED:

- Body awareness
- Self-control
- Emotional flexibility
- Problem-solving
- Speed

MAY SUPPORT CHILDREN WHO:

- seek sensory experiences
- enjoy silly games
- need help shifting moods
- benefit from playful social interaction
- need help releasing nervous energy

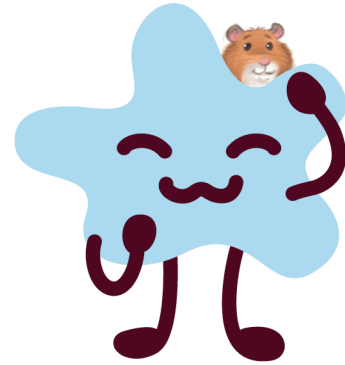
WIGGLES GONE WILD



TRISTINA TRAIT: Movement helps bodies feel better

MATERIALS:

- Empty tissue box
- Ping-pong balls (8–10)
- Belt or piece of rope/strap
- Clock, stopwatch, or timer



THE CHALLENGE: Shake all the wiggles out

HOW TO PLAY:

1. Strap the tissue box to the player's lower back. Make sure it is open and facing away from the body.
2. Fill the box with ping-pong balls.
3. Wiggle, jump, dance, and shake to get all of the ping-pong balls out of the box.

WIN THE CHALLENGE:

Empty the box before time runs out.

BISCUIT BONUS:

Create your own wiggle dance before starting.



SENSORY SPOTLIGHT:

- Proprioceptive – jumping, shaking, and heavy body movement
- Interoceptive – noticing energy levels and body regulation needs
- Vestibular – spinning, bouncing, and movement through space

SKILLS PRACTICED:

- Releasing excess energy
- Coordination
- Self-regulation
- Movement planning
- Problem-solving

MAY SUPPORT CHILDREN WHO:

- children who regulate through movement
- constantly wiggle/bounce
- seek jumping or crashing activities
- have difficulty sitting still
- become dysregulated when inactive too long

BISCUIT BOUNCE



TRISTINA TRAIT: Trying again after mistakes

MATERIALS:

- Small bucket
- Ping-pong balls (8–10)
- Headband or strap
- Clock, stopwatch, or timer



THE CHALLENGE: Bounce ping-pong balls off the wall and catch them in the bucket on your head.

HOW TO PLAY:

1. Secure the bucket on the player's head.
2. Stand 3–5 feet from the wall.
3. Toss a ping-pong ball against the wall and try to catch it in the bucket.

WIN THE CHALLENGE:

Catch three balls before time runs out.

BISCUIT BONUS:

Celebrate every miss like it was amazing!

SKILLS PRACTICED:

- Attention
- Coordination
- Persistence
- Flexible Thinking
- Balance



SENSORY SPOTLIGHT:

- Proprioceptive – timing body movements
- Vestibular – head movement and balance
- Visual Tracking – following moving objects
- Motor Planning – adjusting movement after mistakes

MAY SUPPORT CHILDREN WHO:

- struggle with coordination
- become upset after missing a goal
- need confidence-building activities
- enjoy active challenges
- benefit from playful repetition

KEEP THE FEELINGS FLOATING



TRISTINA TRAIT: Managing Big Feelings

MATERIALS:

- Two inflated balloons
- Marker
- Clock, stopwatch, or timer

THE CHALLENGE: Keep two feeling balloons in the air using only one hand.

HOW TO PLAY:

1. Write a feeling on each balloon.
2. Use only one hand.
3. Keep both balloons from touching the floor.

WIN THE CHALLENGE:

Keep the feelings floating for one minute.

More challenging: Keep the feelings floating for two minutes.

BISCUIT BONUS:

Name a calming strategy every time you hit a balloon.



SENSORY SPOTLIGHT:

- Proprioceptive – controlled arm movement
- Interoceptive – connecting feelings to body sensations
- Vestibular – shifting body positions and balance
- Visual Tracking – following multiple moving objects



SKILLS PRACTICED:

- Balance
- Coordination
- Emotional regulation
- Focus
- Managing overwhelm

MAY SUPPORT CHILDREN WHO:

- feel emotionally overwhelmed
- struggle naming emotions
- need to move to talk
- benefit from calming body activities
- become anxious during transitions

TRISTINA'S TWIRLING TORNADO



TRISTINA TRAIT: Releasing Big Energy

MATERIALS:

- Two toilet paper rolls or streamer rolls
- Clock, stopwatch, or timer

THE CHALLENGE: Turn arms into a spinning tornados.

HOW TO PLAY:

1. Put streamers or toilet paper on the ground.
2. Take the end.
3. Spin arms to wrap streamers or toilet paper around them until all of each roll is on your arms.

WIN THE CHALLENGE:

Unroll all of the paper/streamers before the timer goes off. More challenging: Race a friend and see who finishes first.

BISCUIT BONUS:

Roar like a dragon while spinning your arms.



SKILLS PRACTICED:

- Balance
- Coordination
- Emotional regulation
- Focus
- Managing overwhelm

MAY SUPPORT CHILDREN WHO:

- appear restless or hyperactive
- seek spinning activities
- need active sensory breaks
- have difficulty staying regulated during exciting moments
- benefit from movement based play

SENSORY SPOTLIGHT:

- Proprioceptive – whole body movement and coordination
- Interoceptive – recognizing excitement and dizziness
- Vestibular – spinning and moving through space

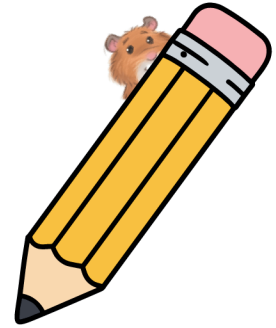
TROUBLEMAKER TRICK SHOTS



TRISTINA TRAIT: Practice Makes Progress

MATERIALS:

- Pencils or Pens
- Clock, stopwatch, or timer



THE CHALLENGE: Flip pencils off the back of your hand and catch them.

HOW TO PLAY:

1. Balance the pencil on the back of your hand.
2. Flip it in the air.
3. Catch it!

WIN THE CHALLENGE:

Complete the most successful catches before time runs out. More challenging: Add more pencils.

BISCUIT BONUS:

After every miss, say: "Mistakes help me learn!"



SENSORY SPOTLIGHT:

- Proprioceptive – force control and timing
- Fine Motor Skills – finger control and dexterity
- Motor Planning – adjusting movements after failed attempts

SKILLS PRACTICED:

- Balance
- Patience
- Persistence
- Hand–eye coordination
- Confidence building

MAY SUPPORT CHILDREN WHO:

- fear making mistakes
- give up easily
- enjoy challenge–based games
- need hand–eye coordination practice
- benefit from confidence–building activities

THE 8 SENSORY SYSTEMS

Our bodies take in information in many ways.
All of our senses help us learn, play, and feel safe!

1 VISUAL SYSTEM



Helps us see and understand the world around us.

Examples:

- Seeing colors and shapes
- Noticing small details
- Finding things in a busy space



2 AUDITORY SYSTEM



Helps us hear sounds and understand them.

Examples:

- Hearing voices and directions
- Listening to music
- Noticing loud or quiet sounds



3 TACTILE SYSTEM



Helps us feel touch, texture, and temperature.

Examples:

- Feeling soft, rough, or bumpy
- Knowing if something is hot or cold
- Enjoying hugs or soft blankets



4 VESTIBULAR SYSTEM



Helps us with balance, movement, and knowing where our body is in space.

Examples:

- Swinging, spinning, or rocking
- Balancing and climbing
- Feeling steady or wobbly



5 PROPRIOCEPTIVE SYSTEM



Helps us know where our body parts are and how much force to use.

Examples:

- Pushing, pulling, lifting
- Jumping or crawling
- Knowing how hard to squeeze or how gently to touch



6 INTEROCEPTIVE SYSTEM



Helps us feel what is happening inside our bodies.

Examples:

- Feeling hungry or full
- Knowing when we need a break
- Noticing happy, sad, worried, or excited feelings



7 OLFATORY SYSTEM



Helps us smell things around us.

Examples:

- Smelling flowers
- Smelling food
- Smelling fresh air or something stinky!



8 GUSTATORY SYSTEM



Helps us taste foods and drinks.

Examples:

- Tasting something sweet
- Tasting something sour
- Tasting your favorite snack!



DID YOU KNOW?

When children seem wiggly, distracted, emotional, or overwhelmed, their sensory systems may be working hard to help them understand and respond to the world around them.

Understanding sensory systems can help us support children with compassion and confidence.





SENSORY SYSTEMS & SKILLS



Every brain is different.
Every body is different.
And every sensory system works together to help us shine!

HOW OUR SENSORY SYSTEMS SUPPORT THE SKILLS WE USE EVERY DAY

Our bodies get information through 8 sensory systems. That information helps our brains learn, move, communicate, and do so many amazing things!

When children struggle with a skill, their sensory systems may need extra support, practice, or the right kind of input.

SENSORY SYSTEMS →		SKILLS THEY SUPPORT ↓							
		 Fine Motor Skills	 Gross Motor Skills	 Attention & Focus	 Emotional Regulation	 Balance & Coordination	 Motor Planning	 Self-Care Skills	 Communication & Social Skills
1	VISUAL (Sight)  Helps us see and understand the world around us.	✓ Helps guide hand movements and control	✓ Helps with spatial awareness and navigation	✓ Helps us stay on task and find important details	✓ Helps us notice facial expressions and visual cues	✓ Helps judge distance and body position	✓ Helps plan and sequence movement steps	✓ Helps with seeing steps and seeing what to do	✓ Helps with eye contact, reading body language and visual cues
2	AUDITORY (Hearing)  Helps us hear sounds and understand them.	✓ Helps follow instructions and listen while working	✓ Helps with rhythm and movement patterns	✓ Helps tune out distractions and focus on what we hear	✓ Helps process soothing sounds and verbal support	✓ Helps with rhythm and timing	✓ Helps process directions and plan movement	✓ Helps follow verbal steps and routines	✓ Helps with listening, understanding and talking with others
3	TACTILE (Touch)  Helps us feel touch, texture and temperature.	✓ Helps feel textures, shapes and hand position	✓ Helps with body awareness and control	✓ Helps us stay present through touch input	✓ Helps regulate through comforting touch and textures	✓ Helps adjust body based on surface and pressure	✓ Helps guide how we move and use our hands	✓ Helps with dressing, feeding and hygiene	✓ Supports comfortable interaction and proximity
4	VESTIBULAR (Balance & Movement)  Helps us balance, move and know where our body is in space.	✓ Supports steady posture needed for small motor tasks	✓ Essential for gross motor skills like running, jumping, etc.	✓ Movement helps wake up and organize the brain	✓ Movement helps release big feelings and reduce stress	✓ The foundation of balance and physical coordination	✓ Helps plan movement sequences and transitions	✓ Helps with balance for dressing, bathing and moving safely	✓ Supports confidence in movement and social participation
5	PROPRIOCEPTIVE (Body Awareness)  Helps us know where our body parts are and how much force to use.	✓ Helps control force, grip and hand strength	✓ Helps with strength, coordination and body control	✓ Deep pressure helps calm and improves attention	✓ Deep pressure input helps regulate emotions	✓ Helps with posture, strength and body stability	✓ Helps grade force and plan efficient movements	✓ Helps with tasks that need strength like brushing teeth or zipping	✓ Supports confidence and sense of body in social situations
6	INTEROCEPTIVE (Internal Body Awareness)  Helps us feel what is happening inside our bodies.	✓ Helps notice fatigue or need for a movement break	✓ Helps notice hunger, thirst or need to rest	✓ Helps us check in and refocus when needed	✓ Helps identify feelings like hungry, tired, worried or excited	✓ Helps us know when our body needs to slow down	✓ Helps decide how much energy to use for a task	✓ Helps us know when we need to go to the bathroom, rest, etc.	✓ Helps us understand and express our feelings
7	OLFACTORY (Smell)  Helps us smell things around us.	✓ Helps connect smells with activities (glue, markers, etc.)	✓ Smells can motivate movement or calm	✓ Certain scents can increase or decrease alertness	✓ Smells can soothe, calm or comfort us	✓ Smells can alert us to environmental changes	✓ Environmental smells help prepare for transitions	✓ Helps with awareness of hygiene and environment	✓ Helps form memories and shared experiences
8	GUSTATORY (Taste)  Helps us taste foods and drinks.	✓ Helps with chewing and oral motor control	✓ Nutrition through taste supports energy for movement	✓ Preferred tastes can help motivate and focus	✓ Comfort foods can soothe; disliked tastes can cause stress	✓ Body needs proper nutrition to stay balanced	✓ Helps develop food preferences and routines	✓ Helps with eating, trying new foods and dental care	✓ Sharing food helps build bonds and social connection



DID YOU KNOW?

When children seem wiggly, distracted, emotional, or overwhelmed, their sensory systems may be working hard to help them understand and respond to the world around them.

Understanding sensory systems can help us support children with compassion and confidence.



WHAT THIS MEANS →

- Every skill is supported by multiple sensory systems!
- When a child struggles, look at all the possible supports.
- Strengthening sensory systems can help skills grow.
- Celebrate progress—every small step is magnificent!



Be kind to your body. Listen to your senses. You are **MAGNIFICENT!**

