

# Birthday Game

## Master Pack

Three party timelines, the Quick Picks cheat sheet, ten Minute-to-Win-It cards, a scoring sheet, and a printable certificate — everything you need in 14 pages.

<b>1. Quick Picks Cheat Sheet — Best Game by Age</b>
<b>2. Party Timeline Templates — 90 min / 2 h / 3 h</b>
<b>3. Minute-to-Win-It Challenge Cards (10 cards)</b>
<b>4. Tournament Scoring Sheet</b>
<b>5. Champion Certificate</b>
<b>6. Host Briefing — Common Mistakes to Avoid</b>

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# 1. Quick Picks Cheat Sheet

One winner per age band, one fallback, time and supplies. Print and clip to the fridge.

Age	Best Game	Fallback	Time	You Need
3–4	Pirate Coin Hunt	Freeze Dance	10 min	Chocolate coins, music
5–6	Simon Says Scavenger	Balloon Pop Relay	15 min	Balloons, object list
7–8	Riddle Treasure Hunt	Pirate Ship Adventure	30 min	6 clue cards, prize
9–10	Detective Mystery	DIY Escape Room	45 min	Suspect cards, evidence
11–12	Advanced Escape Room	Spy Game	45 min	Locks, riddles, code key
13–15	Murder Mystery	Social Deduction	60–90 min	Character cards, sheet
Mixed	Scaled Scavenger Hunt	Multi-style Relay	30–45 min	Easy + hard lists

## 2. Party Timeline Templates

### The 90-Minute Party

Time	Activity
0–10 min	Arrival & Free Play
10–15	Energy Burner — Freeze Dance or Balloon Pop Relay
15–55	Main Event — Scavenger Hunt or Themed Mystery
55–75	Cake + Open Presents
75–90	Wind-Down Craft — Colouring, Bracelets, Stickers

### The 2-Hour Party

Time	Activity
0–10	Arrival & Free Play
10–20	Warm-Up — Simon Says Scavenger
20–65	Main Adventure — Detective Mystery or Treasure Hunt
65–80	Filler — Minute-to-Win-It (5 challenges)
80–100	Cake + Presents
100–120	Calm Wind-Down — Craft or Story

### The 3-Hour Party (Ages 7+)

Time	Activity
0–15	Arrival, Costumes, Briefing — Hand out badges or hats
15–30	Warm-Up — Silly-Challenge Relay
30–80	Main Adventure — Treasure Hunt or Escape Room
80–95	Snack Break + Energy Reset
95–130	Second Activity — Spy Game or Water Balloons
130–155	Cake + Presents
155–180	Calm Wind-Down — Story Circle or Movie

### 3. Minute-to-Win-It Challenge Cards

Cut along the lines. Players have 60 seconds for each challenge. 3 points for clean wins, 2 for partial, 1 for trying.

#### Cookie Face

Place a cookie on your forehead. Without using hands, move it into your mouth. Drops reset the timer.

■ 3 pts ■ 2 pts ■ 1 pt

#### Cup Stack Tower

Stack 10 plastic cups into a pyramid, then return to a single stack — both in 60 seconds.

■ 3 pts ■ 2 pts ■ 1 pt

#### Marshmallow Toss

Partner throws marshmallows; the other catches them in a cup balanced on their head. Most caught wins.

■ 3 pts ■ 2 pts ■ 1 pt

#### Ping-Pong Roll

Blow a ping-pong ball across a table using only your breath. No hands.

■ 3 pts ■ 2 pts ■ 1 pt

#### Bracelet Sort

Sort 30 mixed-coloured paper clips into colour piles in under a minute.

■ 3 pts ■ 2 pts ■ 1 pt

#### Penny Stack

Stack 12 pennies into a single tower using only one hand.

■ 3 pts ■ 2 pts ■ 1 pt

#### Tissue Pull

Pull all the tissues out of a tissue box one at a time without tearing any.

■ 3 pts ■ 2 pts ■ 1 pt

#### Balloon Keep-Up

Keep a balloon in the air for 60 seconds using only one finger.

■ 3 pts ■ 2 pts ■ 1 pt

### **Sticker Sweep**

Stick 20 small dot stickers onto a balloon — the balloon must not pop.

■ 3 pts ■ 2 pts ■ 1 pt

### **Word Build**

From the letters of "BIRTHDAY", make as many real 3+ letter words as possible.

■ 3 pts ■ 2 pts ■ 1 pt

## 4. Tournament Scoring Sheet

Track all 10 challenges across 4 teams. Total at the bottom. First to 60 points wins.

Challenge	Team A	Team B	Team C	Team D
1. Cookie Face				
2. Cup Stack Tower				
3. Marshmallow Toss				
4. Ping-Pong Roll				
5. Bracelet Sort				
6. Penny Stack				
7. Tissue Pull				
8. Balloon Keep-Up				
9. Sticker Sweep				
10. Word Build				
<b>TOTAL</b>				

# CHAMPION

## OF THE BIRTHDAY GAMES

This certificate is proudly awarded to

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for outstanding performance, creative thinking, and excellent sportsmanship at the birthday party games.

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Date

Host signature

## 6. Host Briefing — Five Mistakes to Avoid

### 1. Eliminating kids early.

Games where the first kid out has to sit and watch for fifteen minutes break the party. Use re-entry mechanics, parallel rounds, or skip eliminations for ages under eight.

### 2. Over-planning.

Eight different games in two hours means none of them last long enough to feel real. Pick one main game, two fillers, and an opening warm-up. Done.

### 3. Buying the kit and reading the rules at the party.

Always test the kit, the timing, and the clue-walk yourself before the doorbell rings. Always.

### 4. Mixing energy levels carelessly.

Following a wild Balloon Stomp with a quiet riddle hunt loses half the room. Follow each big-energy game with a calm one, then ramp again.

### 5. Forgetting the ceremony.

Hand out a certificate, take one group photo, name one moment from each game. Two minutes of ritual turns a forgettable party into "remember that birthday at Tom's?"

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