

CHALLENGE ACCEPTED!

Everyone loves a little competition! Taking a cue from some of the TV shows of now or yesteryear, here a few fun “challenges” you and your family can participate in while you’re hanging at home.



What’s In Your Pantry? Cook-off

Take a page out of the ‘Chopped’ cookbook and put together a meal using ingredients you don’t know until they are revealed. Each participant chooses the ingredients the other will use (remember, don’t get too adventurous...you’re the taste tester). Choose a designated amount of time to prepare the meal and GO! Once the meal is complete, rate each other on different categories: presentation, taste and use of ingredients.

Use anything and everything you can find to make a multitude of different challenges for you and your family. Whether they are ‘Minute to Win It’ style or old school ‘Double Dare’ messy, make it as difficult or easy as you’d like. Best part is that you can change up the order of the activities and have a whole other experience.



You’ve Got Talent

Whether you can name the 50 states in alphabetical order or do a somersault, we’ve all got talent hidden inside of us. Base this challenge off the hit show, ‘fill in the countries Got Talent’. Have each person in your family show off their talent no matter how silly. Start off with heats and see who ends up with the golden X.



Strut Your Stuff

In fashion, you are either in or you are out. Pattern this challenge after the hit show, ‘Project Runway’. Go into your closet and find items you can use to put together “looks”. Choose different themes: summer fun, all dressed up and nowhere to go (formal), avant garde, monochromatic, etc. Once your ensemble is complete, work the runway and do a photo shoot. Post pictures to social to see who makes the cut!



Your Lips Are Moving

Who doesn’t love a good old-fashioned lip sync? The idea for this dynamic competition is taken from the super hilarious ‘Lip Sync Battle’. Each contestant (that’s you and your family) picks a song and then outfits themselves with a costume and some sweet dance moves. One by one perform your ditty and make it look pretty! Record the performances and make a compilation to either post or share for some good laughs.



Overcome Any Hurdle

Set up an obstacle course either in your house or in your yard.