



Cupsid e Down!

Your world will be flipped upside down

Overview

- ★ # of Participants: **4+ people**
- ★ Where to Play: **Indoors**
- ★ Age of Participants: **Elementary / Middle / High School**
- ★ Approximate Time to Play: **15 to 30 minutes**
- ★ Materials: **Red Solo Cups** (we used 80)

Summary

- ★ Spread out the cups in a large space with half of them facing up and half facing down
- ★ Divide your group into two teams: Team Up and Team Down
- ★ Team Up will try to flip all of the cups so they face up, while Team Down will flip them all so they face down
- ★ After 60s, whichever team has more cups, wins!

How to Play

This game is fast paced, simple, and requires very little materials.

Take your cups and spread them all over your space. Exactly half of the cups that you place should be open-side up, and the other half should be open-side down. Divide your group up into two even teams, and designate them as either Team Up or Team Down. The goal for Team Up is to flip as many of the cups as they can into the position where the open side is facing up, while Team Down needs to try to flip them the opposite way. After 60 seconds, whichever team flipped more cups to their orientation wins the round.

After a couple rounds, you may need to add some variety. Here are some variations to try:

- A round where all of the cups are super close together so your group is all fighting for the same space
- A round where the cups are super far away, so players have to really run to get to the cups
- A round where players can only use their non-dominant hand
- A round where a stack of three cups (two on the bottom, balancing one on the top) counts for 5 points
- A round where players are blindfolded
- A round where players can only use their feet

There's a million variations you could apply to this game, so get creative!

Tips!

It's slightly easier to be on Team Down than Team Up because of the shape of the cups, so consider having each team switch every round!



Watch the
Video Explanation Here!