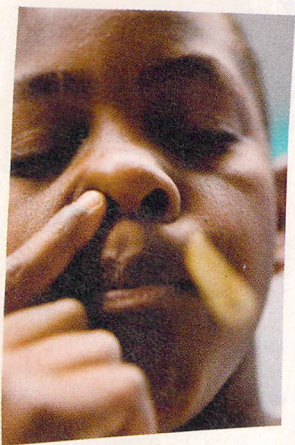


record night

For a fun activity, we have a night to break our totally made-up records.

Set up different stations in one big room where the teenagers can try to set or break records in various events. Some events we've tried:

■ **Cheerio Launch**—See who can launch a Cheerio the farthest...from their nose!



■ **Cup Stacking**—See who can stack and unstack 12 plastic cups in a predetermined sequence (see speedstacks.com for examples).

■ **Foaming at the Mouth**—Have a teenager place an Alka-Seltzer tablet in his or her mouth, and take a sip of a soft drink. See who can keep the liquid in their mouth the longest without spitting it out.

■ **Giant Skee-ball**—Set up targets with various values assigned according to difficulty, and have teenagers roll a rubber playground ball at the targets.