

The following icebreakers are 60-second challenges, often with a chance of breaking a world record (all world records are correct as March 2024).

Can you stand on one leg
for 60 seconds?

(Note – If it's too easy, this can evolve into 'but can you stand on one leg for 60 seconds in a storm?' – squirt with a water pistol for rain, hairdryer in the face for wind)

you will
need...

1. Stop
watch