



Office Olympics

**Challenge your colleagues
to win the Office Olympic
gold-medal!**

Help raise money to support
people affected by dementia.



Office Olympics

Let the games commence! Below are some suggested games to play on competition day:



Paper aeroplane javelin

Put those paper airplane-making skills you learnt from school to good use and challenge your colleagues to a paper airplane throwing competition, in Olympic javelin style! The furthest thrower wins.



Wastepaper shot-put

Pop a wastepaper bin a good distance away and see who's able to get their crumched-up piece of paper in from the furthest distance. This might continue for longer than one match – keep a tally board up on the wall.



Desk chair sprint

Who is the speediest at shuffling distance on their desk chair? First to the finish line wins.



Rubber and ruler race

Swap the good old egg and spoon race with rubbers and rulers in your stationery cupboard. Map your course and challenge your colleagues to this old childhood favourite.



Three-legged Race

Use sticky tape and buddy up to compete in this race! Be careful not to use too much tape – you might find you're attached to the other person for longer than planned.



Paper cup ping

Challenge your colleagues to knock over paper cups lined up on a desk by pinging elastic bands at them! The person who knocks them all over the fastest wins the game.



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REGULATOR**

Alzheimer's Society operates in
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