“Waste Not Twister” Instruction Manual
Compiled by the Oklahoma State University Sustainability Office

Twister© is a great game for kids and adults, but we can make it even more fun by adding an educational twist (pun intended 😊)! Let’s see how we can turn Twister into an activity that teaches us about sustainability and how to best manage waste.

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How to Create

You have two options. First, you could use an original Twister© game and alter the wheel (see Fig. 1). Alternatively, you could make everything completely from scratch. This might be a good option for you if you want to customize the game more to your group/program or make a larger mat for (see Page 4 for the DIY option).

If using the original option, instead of buying a new Twister game, try checking local thrift stores for one.

Original Twister Set (suitable for children)

- 1 Twister© game with mat and wheel
- Permanent marker
  - 1 extra fine point
  - 1 fine point
- Purple paint and small brush
- Category Prompt List (given below)

Figure 1: Original Twister Materials
For the Mat

- Write the category name above the rows of circles:
  - Recycle
  - Reduce
  - Reuse
  - Trash*

  *Alternatively, write “Landfill” or “Incinerator” to be more specific to your program

- Categories can differ according to your program.
- Write categories on both ends of the mat they are easy for the players to read.

![Figure 2: Original Twister Wheel](image1)
![Figure 3: Back of Wheel](image2)

For the Wheel

- Write the category name on each circle’s respective color (see Fig. 2). Coordinate the colors and categories with the mat. See our DIY wheel in Figure 5.
- Cut and tape the “Category Prompt List” on the back of the wheel (as shown in Figure 3).
  - Depending on your program/city, you may want to edit items on the list. Also note that many items can occur in multiple lists.
DIY Adult-Sized Twister Set

- 108” X 70” Tarp/Mat
  - Can accommodate 3-4 adult players
- 10 in. diameter circle of paperboard
  - Cut a small hole in the center for the screw
- 1 in. screw, nut, and washer
- Pencil
- Large permanent marker
- Paint and Paintbrush (4-5 colors)
  - Blue
  - Red
  - Green
  - Yellow
  - Purple
- Plastic Tarp

![Figure 4: DIY Twister Mat](image-url)
For the Mat

- Depending on where you paint, you may want to lay down a plastic tarp before painting.
- If you are making a larger mat big enough for adults to play, make the colored circles larger. We used the wheel (10 in. diameter) to stencil spots for the circles.
- Paint the circles! For our mat, we had a total of 40 circles, 8 of each color. We chose to include a “Compost” category in our version of the game. This is completely optional; adjust the number of circles or mat size according to your game.
  - To make the mat looks more like Twister, make sure the circle edges are defined.
- The typical colors for the circles are green, yellow, blue, and red. We added purple for our extra category (compost).
- Using the large permanent marker, write the categories out above the circles, on the short ends of the mat. Categories are Reduce, Reuse, Recycle, Landfill, and Compost (optional).
  - Recycle = Green
  - Trash = Yellow*
  - Reduce = Blue
  - Reuse = Red
  - Compost = Purple
  - Coordinate the colors with the wheel

*Alternatively, write “Landfill” or “Incinerator” to be more specific to your program

Figure 5: DIY Twister Wheel
For the Wheel

- Divide wheel into 4 sections and write:
  - Right Hand
  - Right Foot
  - Left Hand
  - Left Foot
- In each section, draw 4-6 colored dots
  - Green
  - Yellow
  - Blue
  - Red
  - Purple (optional)
  - Freestyle (optional)
  - Note: You can customize by adding more colors for compost and a freestyle circle like shown above in Figure 5
- Cut/drill a hole through the center of the wheel small enough to fit a screw
- Write the categories on each colored circle according to the colors on the mat
- Cut and tape the “Category Prompt List” onto the back of the wheel (see Figure 3).
  - Depending on your program/city, you may want to edit items on the list. Also note that many items can occur in multiple lists.
- Make a spinner! You could do this simply by cutting out an arrow from cardboard that is about 7 inches long. Drill a similar hole through the middle so it aligns with the wheel.
- Put the screw through the spinner and wheel. On the back of the wheel, place the washer then the nut through the screw and tighten (see Figure 6 above). Don’t tighten all the way or else the spinner won’t spin easily.

Figure 6: Front and Back View of Washer/Nut/Screw
Game Instructions

Players: 3-8 people

Ages: 6+

How to play

- The goal of the game is to find the best category the waste belongs in! Many items will have multiple categories they could belong to, but your job is to find the most sustainable option.
- Spin the wheel and call out a move! Turn the wheel over and read an item from the “Category Prompt List” on the back of the wheel that corresponds to the category the arrow landed on. For example:
  - You spin and the arrow lands on Right Hand and Recycle
    - Call out “Right Hand, _____!”
    - Fill in the blank with any item listed under the “Recycle” Category.
- Again, note that the players may place the item in more than one category. They should choose the best option to move forward, if possible.
  - Plastic Bottles could be recycled, but the best option is to reduce their use.
  - Glass jars could be recycled, but a better option is to reuse them; better yet is to reduce.
  - Cardboard boxes could be recycled, but a better option is to compost them. Even better is reusing them; better yet is to reduce.
  - Get the idea?
- If a player does not choose the best category, explain options and allow them to move.
- If the player’s knee or elbow lands on the mat, or if they fall over, the player is out! Last one remaining wins!
- If you included a free space, you could make it the Spinners choice. Or consider the free space an “air” option where the player must place their hand or foot in the air rather than placing it on a colored circle. What a balancing act!

Rules

- Only one hand or foot per circle is allowed.
- The first player to get to a circle claims it.
- The spinner is the referee in case of any disagreement.
- Once a player has made a move, they can’t move again unless the Spinner says it’s ok, even if another player is trying to get by them.
- If the Spinner calls a combo that’s already happening, move your hand or foot to a different circle of the same color.

Thank you so much for joining the sustainability effort! Feel free to email us with pictures of your creation or with any questions you might have: sustainability.@okstate.edu. Happy twisting! ☺
Category Prompt List

Edit as it pertains to your program

**Landfill**
- Motor Oil/Motor Filter
- Meat Scrap
- Toothpaste Tube
- Empty Pizza Boxes (Oil Soaked)
- Candy Bar Wrapper
- Paper Plate
- Napkin
- Empty Paint Can
- Styrofoam Cup
- Paper Towel
- Spray Can
- Disposable Diaper

**Reuse**
- Glass Bottle
- Rechargeable Batteries
- Too Small T-Shirt
- Old Tire
- Newspaper
- Yogurt/Butter Container
- Reusable Shopping Bag

**Reduce**
- Glass Bottle
- Plastic Soda Bottle
- Newspaper
- Paper Towel
- Disposable Diaper
- Yogurt/Butter Container
- Plastic Grocery Bag

**Recycle**
- Chipboard (Cereal) Box
- Cardboard Box
- Household Cleaning Bottle
- Junk Mail
- Construction Paper
- Aluminum Can
- Notebook Paper
- Steel Can
- Glass Bottle
- Plastic Soda Bottle
- Old Tire
- Newspaper
- Paper Milk Carton
- Paper Grocery Bag
- Old Computer
- Yogurt/Butter Container

**Compost**
- Paper Plates
- Napkin
- Egg Shell
- Citrus Peel
- Newspaper
- Banana Peel
- Paper Milk Carton
- Paper Grocery Bag
- Paper Towel
- Grass Clippings