



PERFECT POUR

A team competition that teaches the measurement of standard drinks

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The standard drinks challenge

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Why this works

Students first learn about standard drinks in the game, then put their skills to the test in real life. The gap between what they learn virtually and what they can actually pour creates powerful learning moments.

Activity (35 minutes)



1. Game time (5 mins)

- Have students play Perfect Pour at: <https://blurredminds.github.io/perfect-pour/>
- Let them practice pouring virtual standard drinks
- Tell them to remember the standard measures
- Watch for their reactions as they try to get perfect scores

2. Real-life challenge (25 mins)

Teacher needs:

- A measuring cylinder that measures from 30 ml to 285ml
([click here to view the Amazon product suggestion](#))
- (Paper) towels for spills
- An overview of these standard measures:
 - Vodka (40%): 30ml
 - Wine (12%): 100ml
 - Beer (4.8%): 285ml
 - Cider (4.5%): 285ml

Each team needs:

- 1 liter bottle of water
- 1 clear plastic cup for pouring
- Paper towels for spills

Setup

1. Set up pouring stations before class
2. Split the class into 4 teams
3. Keep measuring cylinder for judging

Continues overpage

Activity



The Challenge

For each round:

1. Teams pour the standard drink measure:

- Round 1: vodka (30ml)
- Round 2: wine (100ml)
- Round 3: beer (285ml)
- Round 4: cider (285ml)

2. Measure each team's pour

3. Record results on board

4. Award point to closest team

3. Quick wrap (5 mins)

- Announce winning team's total points, lead the class in applause
- Discuss why most people over-pour
- Ask what surprised them



CONTACT US

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