



# Body Bingo

## Bingo Instructions

### Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

### Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get any 2 lines
- First to get the four corners
- First to get two diagonal lines through the middle (an "X")
- First to get all squares (a "coverall")

### Guest Instructions:

- Check off events on your card as the judge announces them
- If you satisfy a goal, announce "BINGO!". You've won!
- The judge decides in the case of disputes

### This is an alphabetical list of all 25 events:

10-2=? Clap Your Hands, 14-4=? Clap Your Hands, 14-6=? Arm Punch to the Side, 14-8=? Clap Hands Over Head, 16-8=? Clap to the Side, 16-9=? Arm Punch to the Side, 17-8=? Clap to the Side, 18-9=? Clap to the Side, 20-10=? Shoulder Bounce, 20-15=? Shoulder Bounce, 30-15=? Tummy Twists, 40-30=? Tummy Twists, 5 4=? Arm Punch to the Sky, 5 5=? Stomp Your Feet, 6 6=? Clap Hands Over Head, 7 5=? Stomp Your Feet, 7 6=? Arm Circles Above Head, 7 7=? Ankle Circles, 7 8=? Arm Punch to the Side, 7 9=? Clap Hands Over Head, 8 4=? Arm Circles Above Head, 8 7=? Clap Your Hands, 8 8=? Arm Punch to the Sky, 9 6=? Arm Punch to the Sky, 9 9=? Ankle Circles.



# Body Bingo

## Bingo Call Sheet

This is a randomized list of all 25 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



<div>7 9=? Clap Hands Over Head</div>	<div>20-15=? Shoulder Bounce</div>	<div>5 4=? Arm Punch to the Sky</div>	<div>9 6=? Arm Punch to the Sky</div>	<div>20-10=? Shoulder Bounce</div>
<div>9 9=? Ankle Circles</div>	<div>16-9=? Arm Punch to the Side</div>	<div>8 8=? Arm Punch to the Sky</div>	<div>10-2=? Clap Your Hands</div>	<div>40-30=? Tummy Twists</div>
<div>7 5=? Stomp Your Feet</div>	<div>14-6=? Arm Punch to the Side</div>	<div>5 5=? Stomp Your Feet</div>	<div>7 6=? Arm Circles Above Head</div>	<div>30-15=? Tummy Twists</div>
<div>7 8=? Arm Punch to the Side</div>	<div>16-8=? Clap to the Side</div>	<div>18-9=? Clap to the Side</div>	<div>8 4=? Arm Circles Above Head</div>	<div>14-8=? Clap Hands Over Head</div>
<div>6 6=? Clap Hands Over Head</div>	<div>17-8=? Clap to the Side</div>	<div>7 7=? Ankle Circles</div>	<div>14-4=? Clap Your Hands</div>	<div>8 7=? Clap Your Hands</div>

B	I	N	G	O
7 7=? Ankle Circles	14-4=? Clap Your Hands	6 6=? Clap Hands Over Head	30-15=? Tummy Twists	8 4=? Arm Circles Above Head
9 9=? Ankle Circles	10-2=? Clap Your Hands	5 5=? Stomp Your Feet	14-8=? Clap Hands Over Head	16-8=? Clap to the Side
17-8=? Clap to the Side	8 8=? Arm Punch to the Sky	FREE	7 5=? Stomp Your Feet	9 6=? Arm Punch to the Sky
40-30=? Tummy Twists	7 6=? Arm Circles Above Head	7 9=? Clap Hands Over Head	5 4=? Arm Punch to the Sky	16-9=? Arm Punch to the Side
20-10=? Shoulder Bounce	18-9=? Clap to the Side	14-6=? Arm Punch to the Side	7 8=? Arm Punch to the Side	20-15=? Shoulder Bounce

This bingo card was created randomly from a total of 25 events.  
10-2=? Clap Your Hands, 14-4=? Clap Your Hands, 14-6=? Arm Punch to the Side, 14-8=? Clap Hands Over Head, 16-8=? Clap to the Side, 16-9=? Arm Punch to the Side, 17-8=? Clap to the Side, 18-9=? Clap to the Side, 20-10=? Shoulder Bounce, 20-15=? Shoulder Bounce, 30-15=? Tummy Twists, 40-30=? Tummy Twists, 5 4=? Arm Punch to the Sky, 5 5=? Stomp Your Feet, 6 6=? Clap Hands Over Head, 7 5=? Stomp Your Feet, 7 6=? Arm Circles Above Head, 7 7=? Ankle Circles, 7 8=? Arm Punch to the Side, 7 9=? Clap Hands Over Head, 8 4=? Arm Circles Above Head, 8 7=? Clap Your Hands, 8 8=? Arm Punch to the Sky, 9 6=? Arm Punch to the Sky, 9 9=? Ankle Circles.

B	I	N	G	O
8 4=? Arm Circles Above Head	6 6=? Clap Hands Over Head	40-30=? Tummy Twists	9 9=? Ankle Circles	7 5=? Stomp Your Feet
20-15=? Shoulder Bounce	14-8=? Clap Hands Over Head	20-10=? Shoulder Bounce	7 6=? Arm Circles Above Head	16-9=? Arm Punch to the Side
30-15=? Tummy Twists	9 6=? Arm Punch to the Sky	FREE	14-6=? Arm Punch to the Side	18-9=? Clap to the Side
8 8=? Arm Punch to the Sky	5 4=? Arm Punch to the Sky	10-2=? Clap Your Hands	7 7=? Ankle Circles	8 7=? Clap Your Hands
5 5=? Stomp Your Feet	16-8=? Clap to the Side	7 8=? Arm Punch to the Side	14-4=? Clap Your Hands	17-8=? Clap to the Side

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