

Creative Bowling Ideas!

Here are some ideas that we have come up with, you can use these or get creative and come up with your own. Make sure you share your creative ideas on Social Media using the hashtag #EndDiabetes #StrikeOutStigma

Make Your Own Bowling Pins!

Rainbow Pins

1. Get 10 empty plastic water bottles
2. Remove labels
3. Put a different colour acrylic paint in each one (can find at dollar store).
4. Put the caps on tightly and shake vigorously
5. Let dry



DIY Alley Pins

What you'll need:

- 10 upcycled water bottles (32 ounce)
- white spray paint
- red Duct tape
- scissors
- sand
- small rubber ball

How to make:

1. Remove labels from empty water bottles . Goo Gone and warm soapy water work wonders.
2. Wash in warm, soapy water and let dry.
3. Spray exterior of bottles and caps with paint and let dry.
4. Measure and cut approximately 10" (depending on size of bottle) of red Duct tape per bottle to create bowling pin stripes.
5. Cut Duct tape down the center lengthwise to create 2 narrow strips.



END DIABETES

6. place both pieces of red Duct tape near the top of bottle about ½" apart
7. Fill bottles with small amount of sand to help weight them (weight them accordingly to the size ball you are bowling with).
8. Set up bowling pins and you're ready to go.

DIY Sumo Wrestler Bowling Pins

What you'll need:

- Plastic cup
- Stirrer
- 10 clean, dry, and empty small, wide plastic bottles
- Craft paint
- Paint Brush
- Sharpie marker
- Mod Podge
- Foam brush
- Ball



How to:

1. Mix up your peach skin tone color (I combined red, yellow, and some white). Make sure you have enough paint to coat the insides of all your bottles.
2. Once your paint is ready, pour a bit into each bottle. (You don't need to entirely fill the bottle; you just need enough to coat the insides.) Cap your bottles and shake them to evenly distribute the paint. (Chuck had a blast doing this.)
3. Uncap your bottles and pour out any excess paint. Leave the caps off and let the paint dry overnight.
4. Cap your bottles. Now it's time to paint the outside. Use black and white paint to paint the top knot and mawashi (white diaper-looking thing). Then, use a sharpie to draw on the face.

Optional: Protect from chipping with mod podge

END DIABETES

Office Hall Way Bowling

- Use one of our DIY pin ideas or get creative and come up with your own
- Name the pins after departments, team leaders or projects
- Set up in the hallway
- Have fun!



Human Bowling

Human bowling is a huge trend right now and you can rent everything you need from a local party store that carries inflatables. Please remember to have fun and be safe

Crazy Bowl

Scoring for crazy bowl is similar to traditional bowling, except where noted. Each frame presents a different challenge. Use the list below or make up your own. You may want to bring a pair of dice, a pair of mittens, and a blindfold with you.

Frame 1 - Have someone stand in front on you, legs spread. Roll the ball through their legs.

Frame 2 - Bowl with eyes closed or blindfolded.

Frame 3 - Bowl wearing oven mitts.

Frame 4 - If you're a righty, bowl with your left hand. If you're a lefty, bowl with your right hand.

Frame 5 - Sit on the floor and bowl by pushing the ball forward with your feet.

Frame 6 - Roll a pair of dice. If you get that score on your first roll, it counts as a strike.

Frame 7 - Bowl in slow motion.

Frame 8 - Get someone else in the alley, not part of your group, to bowl one frame for you.

Frame 9 - Bowl backwards, either between your legs or in whatever other way you can manage.

Frame 10 - Spin in circles five times and then bowl immediately.

More Crazy Bowling Ideas

- Bowl on one foot.
- Predict the score of your first roll. If you get it, it counts as a strike.
- Lay on your stomach and bowl.

END DIABETES

- Sit on someone's knee and bowl.
- Have two people roll the ball at one time.
- Have each person make up a challenge before starting the game.