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GET OUR 7 DAYS OF LOVE PROGRAM FOR FREE!

Get ready to have a great time learning how to love your spouse! What's that, you already know how? Well, The Dating Divas are here to give you a whole new perspective on delighting your better half with our incredible 7 Days of Love Program... and its absolutely free when you sign up for our newsletter!

Each day, for the next 7 days, you'll get a super-easy and fun way to connect with your spouse. At the end of this week, no matter how well you thought you knew your spouse, you'll have a whole new way of looking at the ways in which they love to be loved!

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the
DATING  **DIVAS**

STRENGTHENING MARRIAGES, ONE DATE AT A TIME



INVITE YOUR FRIENDS OUT FOR
THE ULTIMATE BOWLING NIGHT

PRINTABLES DESIGNED BY CARISA @ WWW.MESSESTOMEMORIES.COM
EXCLUSIVELY FOR THE DATING DIVAS

Printable Invite

Bingo
BOWLING

Bingo Cards

HOW TO PLAY:

Each person bowls their frame like normal but instead of trying to get the highest score, you try to get 5 items in a row marked off of your bingo card.







Crazy BOWLING

Challenge Cards

HOW TO PLAY:

Before the beginning of a new frame, choose a card to determine how each person will be rolling their bowling ball down the lane.



TIME TO SPARE

SEND YOUR BALL
DOWN THE LANE
IN SLOW MOTION



GO ON STRIKE

BOWL SITTING DOWN
& USE YOUR FEET
TO PUSH THE BALL



IN A PINch

BOWL WITHOUT
YOUR FINGERS
IN THE HOLES



ROLL WITH THE PUNCHES

BOWL WITH YOUR
NON-DOMINANT HAND



GUTT-ER DONE

BOWL WITH
YOUR BACK
TO THE PINS



I GET KNOCKED DOWN BUT I GET UP AGAIN

LAY ON YOUR
STOMACH TO BOWL



STRIKINGLY BEAUTIFUL

SEND THE BALL DOWN
THE ALLEY AS IF YOU ARE A
MODEL ON THE CATWALK



SPARE ME THE DRAMA

BOWL WITH YOUR
EYES CLOSED



ODD BALL

BOWL WITH
SOMEONE ON
YOUR BACK



STRIKE A POSE

BOWL WHILE
STANDING ON
ONE FOOT

Truth or Dare BOWLING

Challenge Cards

HOW TO PLAY:

After bowling a frame, take a truth or dare card based on how many pins remained at the end of your turn. If an odd number of pins were left - do a dare card. If an even number of pins were left - do a truth card. If all the pins are knocked down - no card is taken.



Truth

What is the most embarrassing thing that has happened to you in front of a crowd?



Truth

What is a bad habit that you have?



Truth

Where is the craziest place you have ever fallen asleep?



Truth

What makes you cry?



Truth

What is the one thing you are most afraid of?



Truth

What is the grossest thing you have had in your mouth?



Truth

What is one talent most people here don't know that you have?



Truth

If your group were contestants on Jeopardy - who would have the highest score?



Truth

Who do you think is the best dancer in the group?



Truth

What reality show do you dream of being on?



Truth

If your group were contestants on Survivor - who would win the ultimate survivor?



Truth

What is the toughest decision you have ever had to make?



Truth

If you started a YouTube channel - what would it be about?



Truth

What is something that you dread doing?



Truth

When was the last time that you were nervous?



Truth

If you could be a member of any TV show family - which would it be?



Truth

What would you do if you could be invisible for the day?



Truth

Tell us your most embarrassing vomit story.



Dare

Bowl through the legs of 3 people



Dare

For each pin you knock down, give a compliment to someone in your group



Dare

Get someone else in the alley who is not with your group to bowl one frame for you



Dare

Mimic someone in your group while bowling & see if the group can guess who you are.



Dare

Give the play-by-play like an announcer for the other bowlers until it is your turn again.



Dare

Until your next turn, every time someone throws the ball yell "take that!" to the ball.



Dare

Do a pushup for each pin you knock down.



Dare

Even if you miss totally - at the top of your lungs yell "Striiiiike!!!!"



Dare

Until your next turn talk to your ball.



Dare

After you bowl, attempt a toe touch.



Dare

While the others in your group bowl - cheer for them like a cheerleader would.



Dare

After you bowl yell, "For Narnia!"



Dare

Spin around in a circle 5 times and then bowl.



Dare

While the others in your group bowl - stand right next to them and act like their coach.



Dare

Do a dramatic victory dance after you bowl.



Dare

After bowling, fall to the ground and plead for your ball to return to you. Have a dramatic reunion when your ball returns



Dare

Wear only one shoe when you bowl.



Dare

Bowl granny style while acting like a grandma.



Dare

Let the rest of the group determine who you'll bowl like (i.e. frankenstein, a ballerina, a grandma etc.)



Dare

Take a serious selfie while bowling.

Shout it Out **BOWLING**

Challenge Cards

HOW TO PLAY:

Begin with the non-bowler selecting a topic card. They will read the word/phrase on the card just before the bowler releases the bowling ball. The bowler then has from the moment they release the ball to the time it reaches the pins to list as many things as they can that fit the category. The player or team with the most wins!

**BRANDS OF
CEREAL**

HOLIDAYS

CANDY BARS

**NAMES THAT
START WITH THE
LETTER P**

DOG BREEDS

SUPERHEROES

**FLAVORS OF ICE
CREAM**

**FAMOUS PEOPLE
NAMED MIKE**

SODA FLAVORS

FRUITS

VEGETABLES

**DISNEY
PRINCESSES**

CONSTELLATIONS

TYPES OF BIRDS

TYPES OF FISH

PETS

PLANETS

MAKES OF CARS

**KITCHEN
UTENSILS**

**THINGS IN A
FRIDGE**

SPORTS

BOARD GAMES

**TYPES OF
DOCTORS**

**PIZZA
TOPPINGS**

SINGERS