

## ACTIVITY: PERIOD BINGO

**Resources Needed:**

Pack of My Period Cards,  
printed Bingo worksheets  
(see below)

**Prep Time Needed:**

10 mins

**Works best in:**

Any space

**Number of participants:**

You can use this activity for any size of group

**Time Needed:**

10 mins

**Set Up:**

Select cards for discussion (see page 2), shuffle them, and place in a pile at the front of the classroom. Print Bingo worksheets (page 3 to 12 of this document) - one for each participant

All ages

**Activity:** Shuffle selected cards (see page 2) and place in a pile at the front.

Each young person has a Bingo worksheet. One participant goes to the front and selects a card from the pile – they show the card to the group and read out the text on the back. Any discussion around the card happens. If a participant has a picture of that card on their Bingo worksheet then they cross it off. Repeat until someone calls BINGO! (You get Bingo when 4 cards in a horizontal, vertical or diagonal line have all been called).

Below is a list of the cards you will need. Print out pages 3 to 12 to get 10 individual Bingo boards for your class:

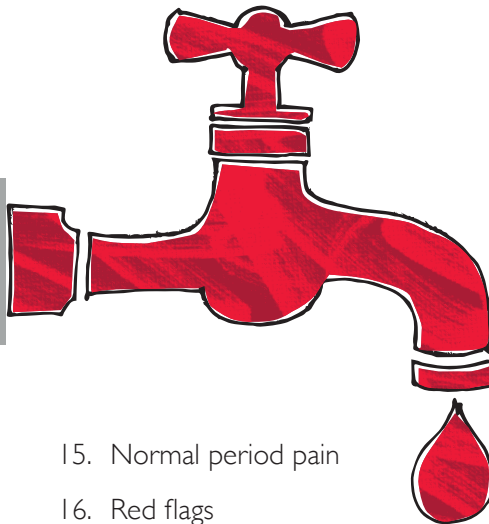
BINGO!

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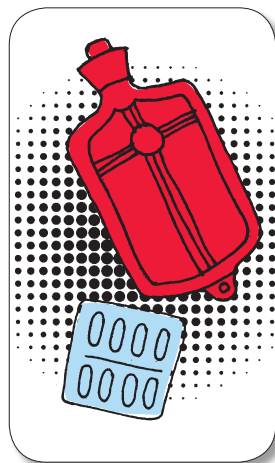
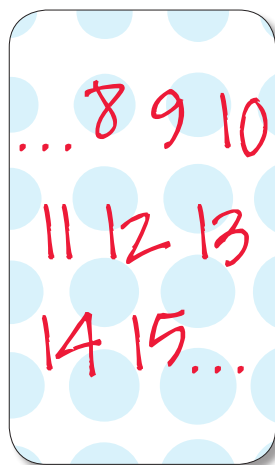
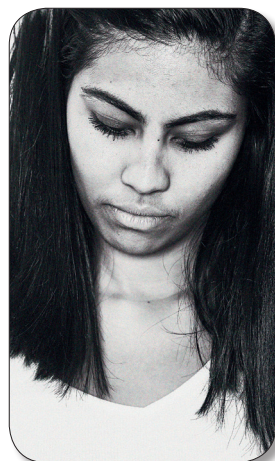
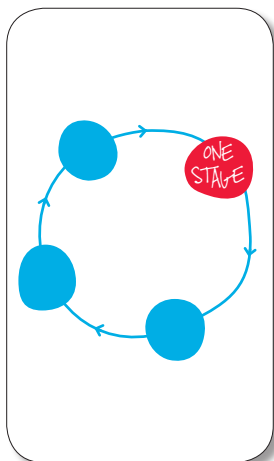
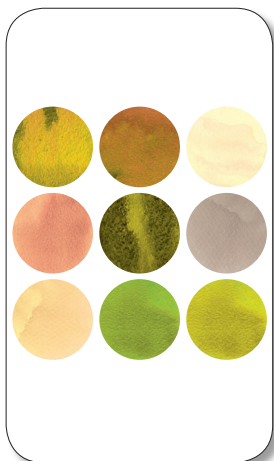
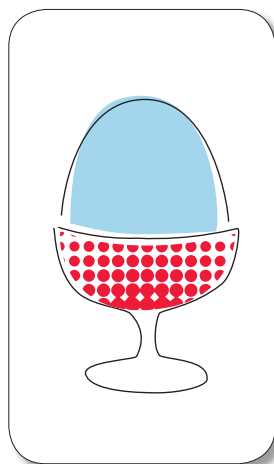
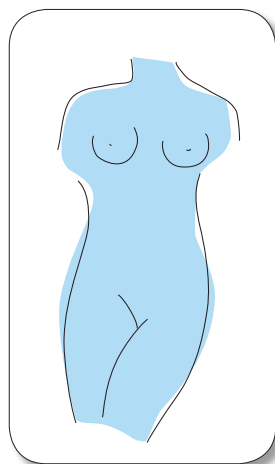
1. What is a period?
2. Female genitalia
3. Female reproductive organs
4. Eggs
6. Cycle length
7. Cycle variation
8. Hormones
9. Female life cycle
10. Life phases - puberty
11. Life phases - menarche
14. PMS & Period Symptoms



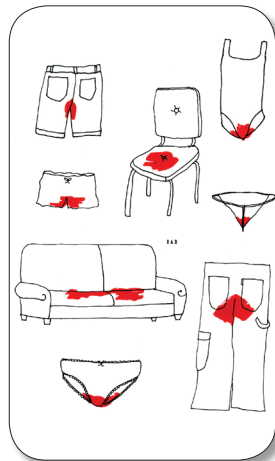
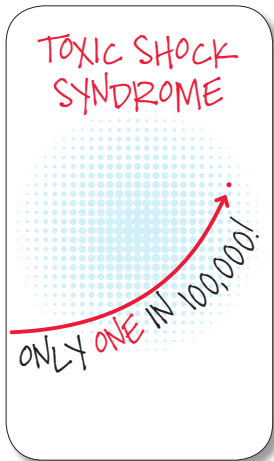
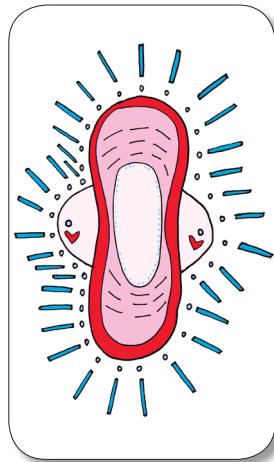
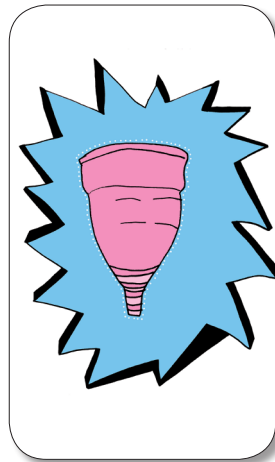
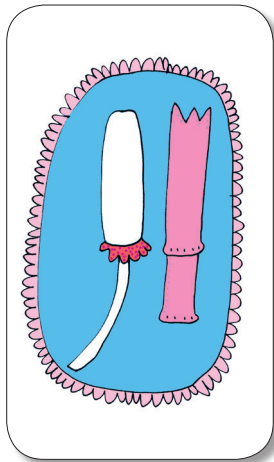
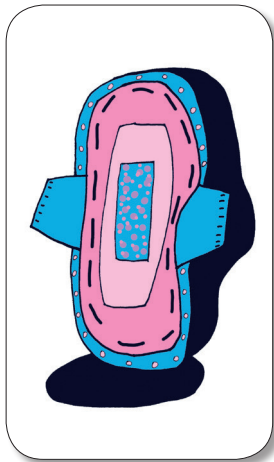
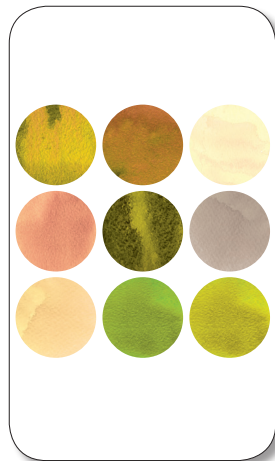
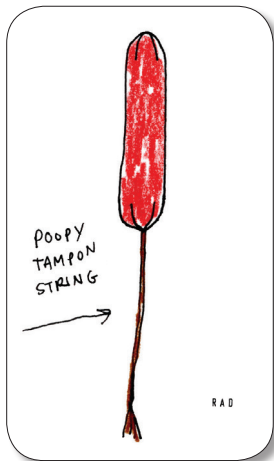
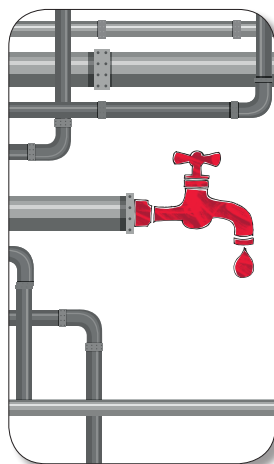
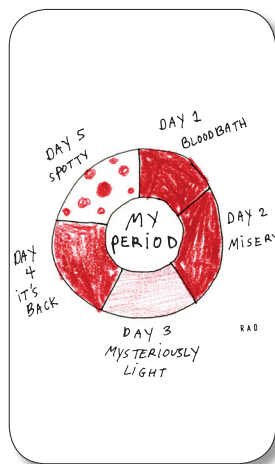
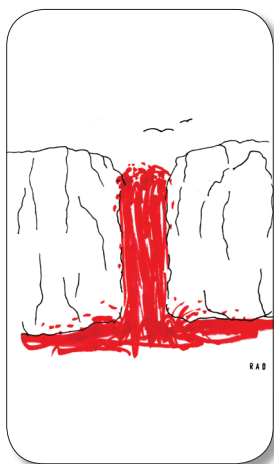
15. Normal period pain
16. Red flags
17. Colour of blood
18. Quantity of blood
19. Flow of blood
20. Control of blood
21. Clots
22. Period poos
23. Discharge



24. Product Overview
25. Disposable Pads
26. Tampons
27. Toxic Shock Syndrome
28. Menstrual Cups
29. Reusable Pads and Pants
30. Disposing of products
31. Leaks
32. Stains
33. Looking after yourself
34. Hygiene
35. Exercise
36. Swimming
42. Taboo
43. Stigma
44. Secrecy
45. Trans\* periods
46. Periods and disability
47. Periods around the world
48. Period Poverty

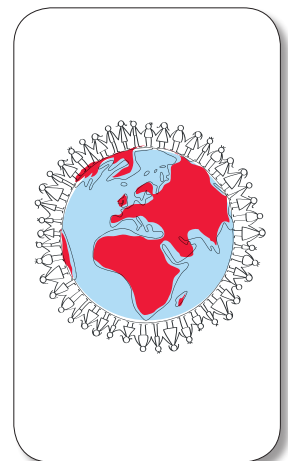
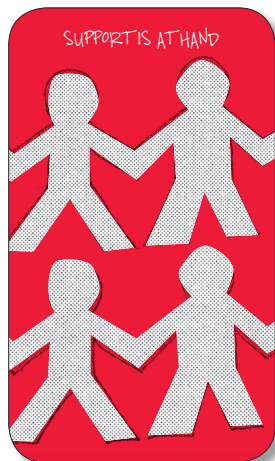
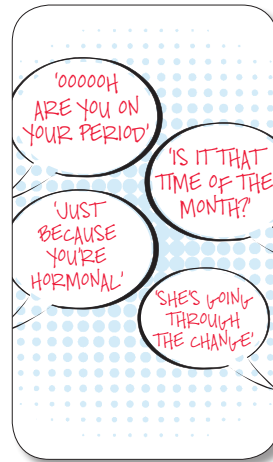
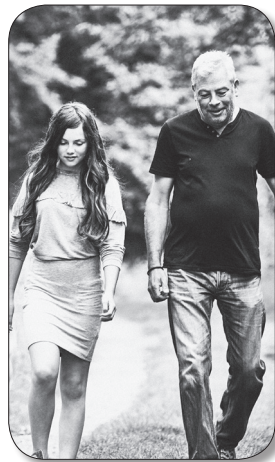
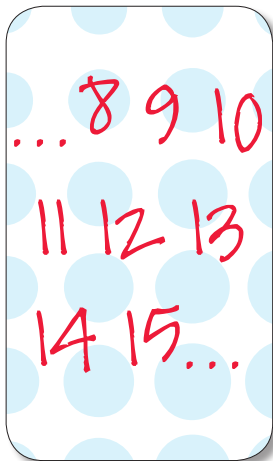
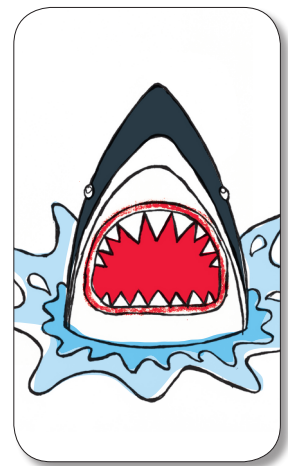


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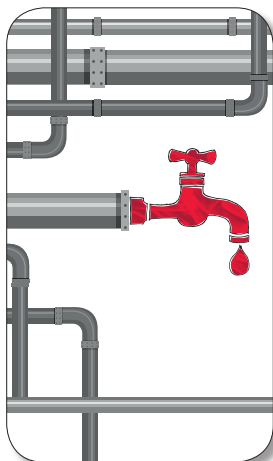
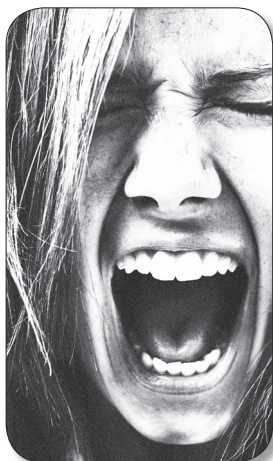
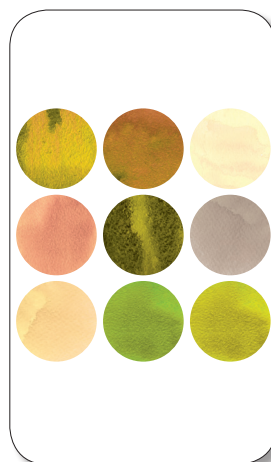
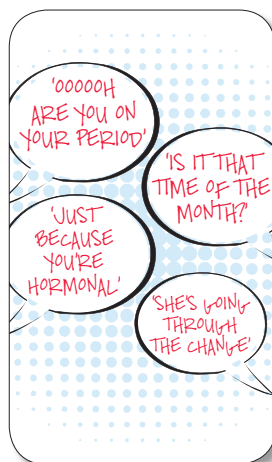
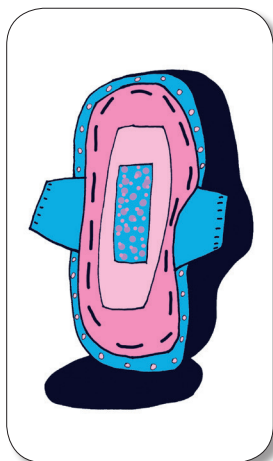
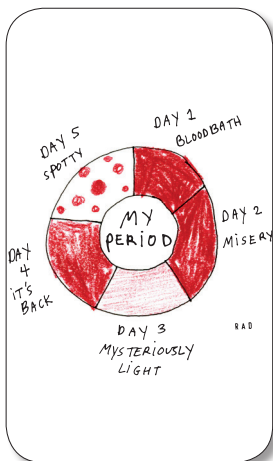
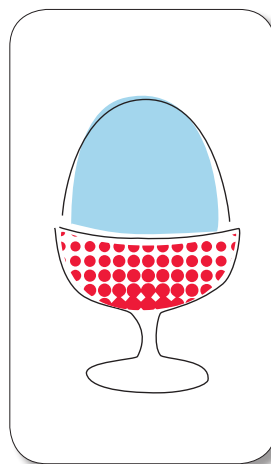
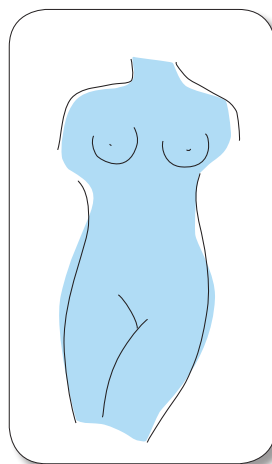
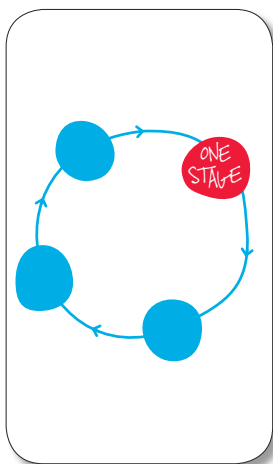


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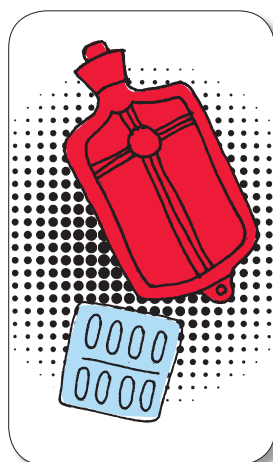
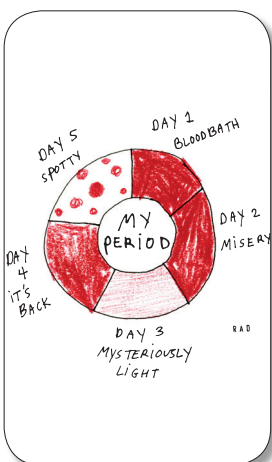
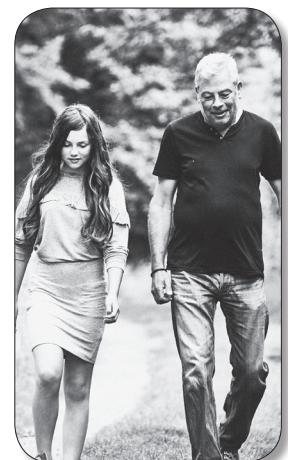
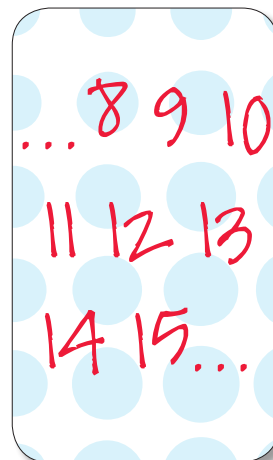
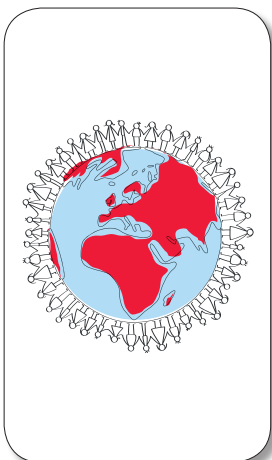
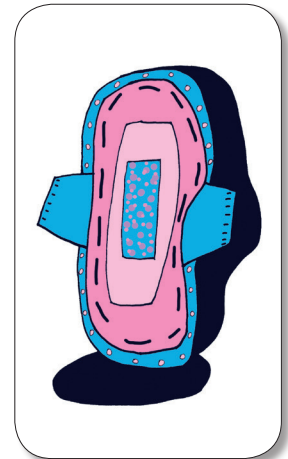
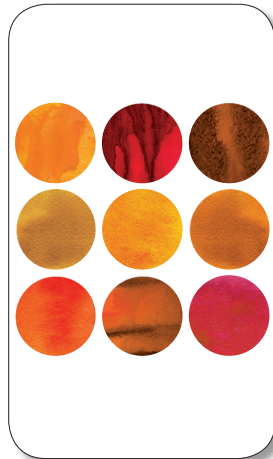
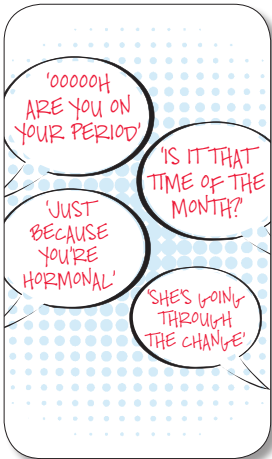
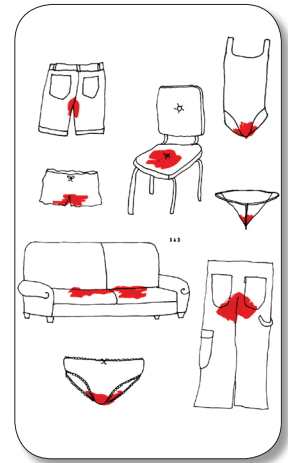
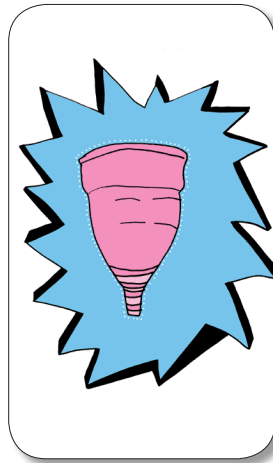


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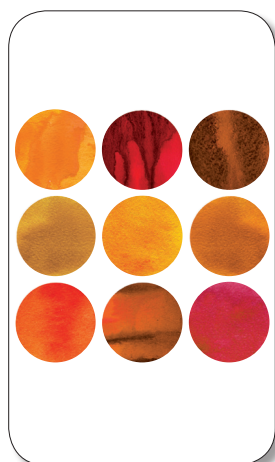
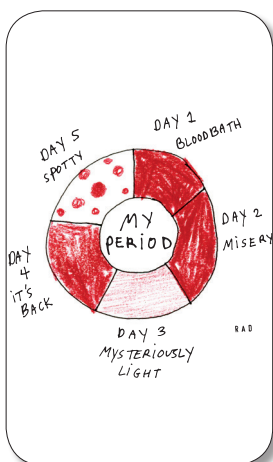
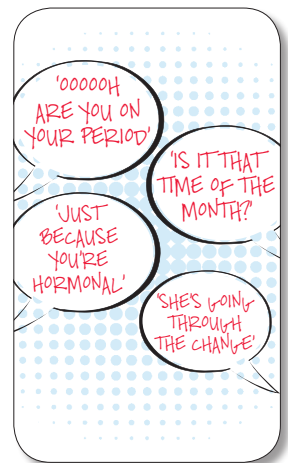
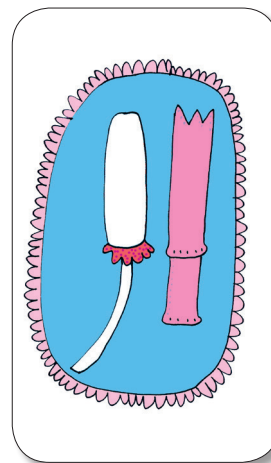
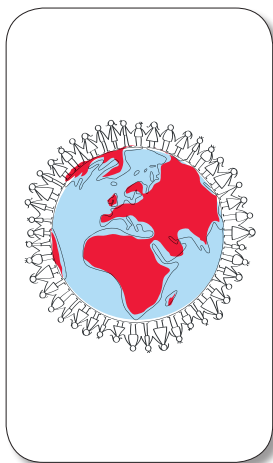
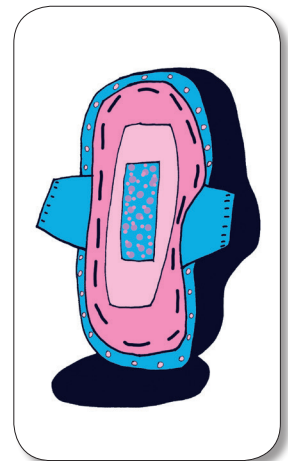
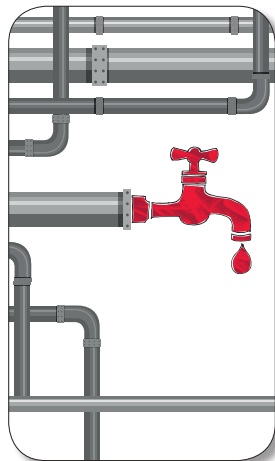
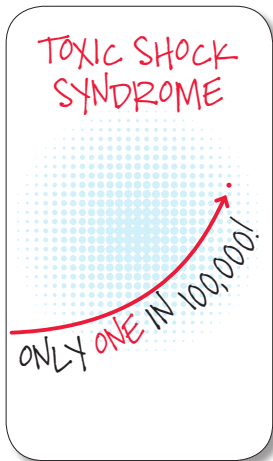
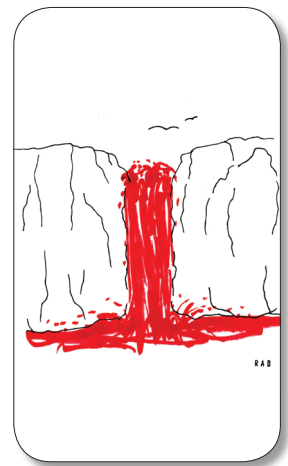


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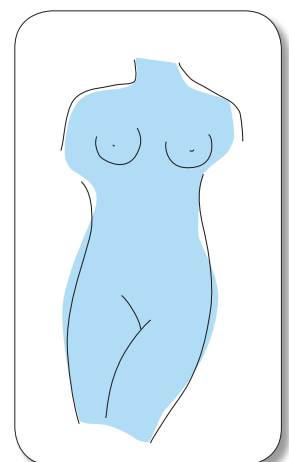
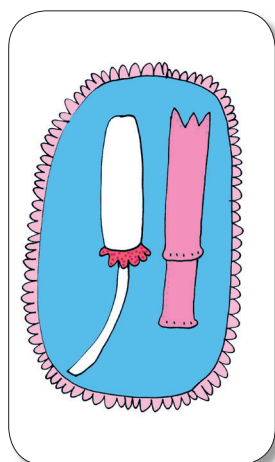
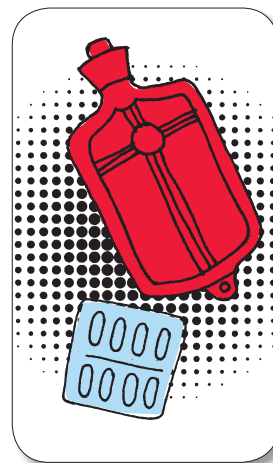
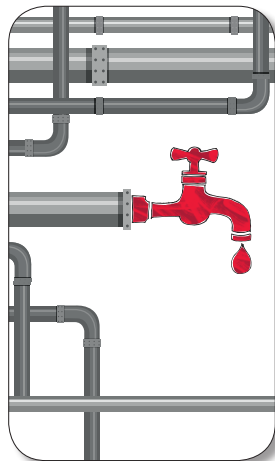
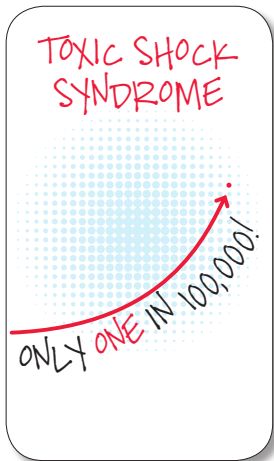
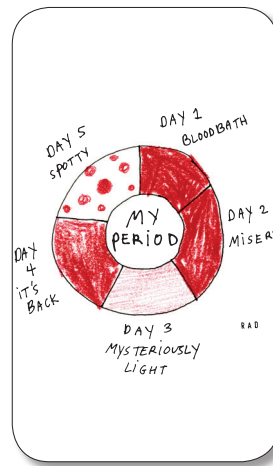
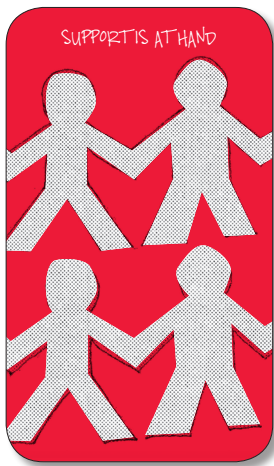


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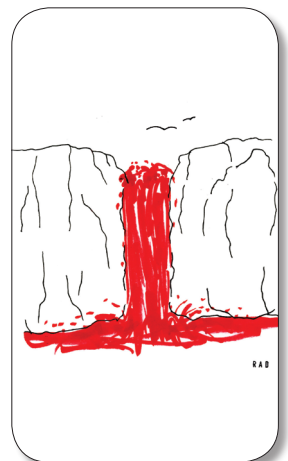
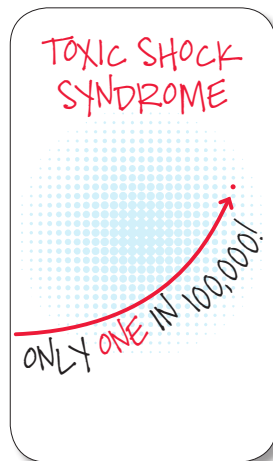
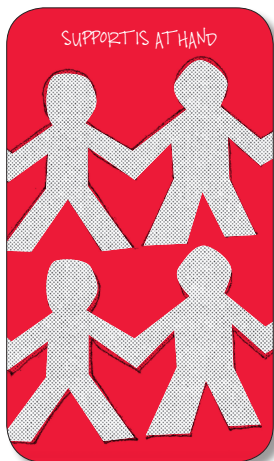
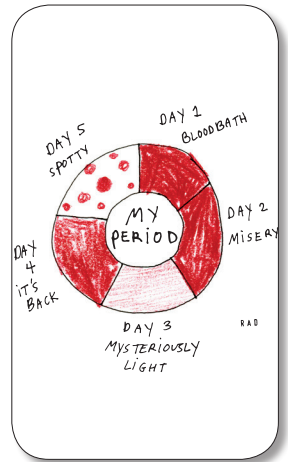
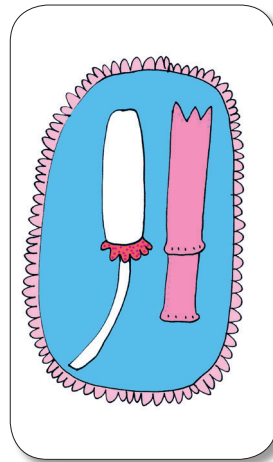
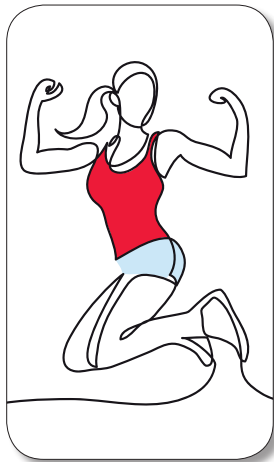
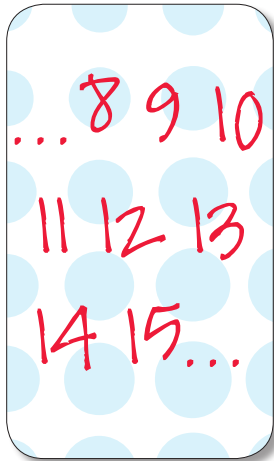
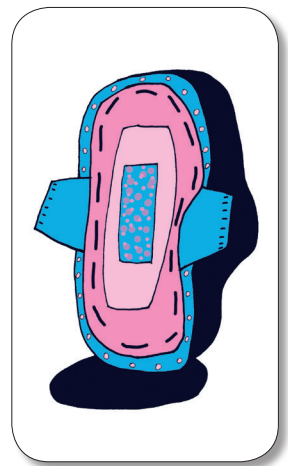
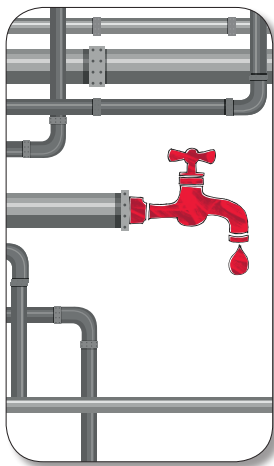


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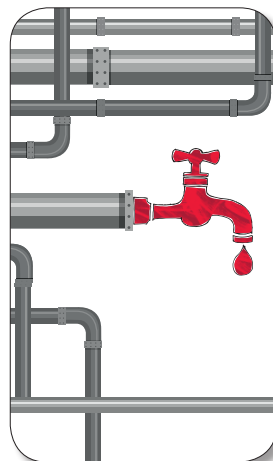
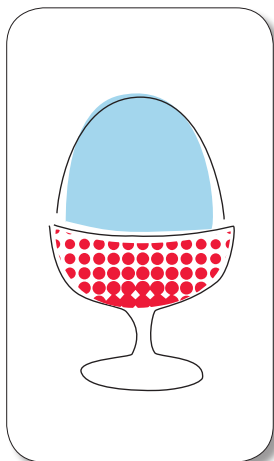
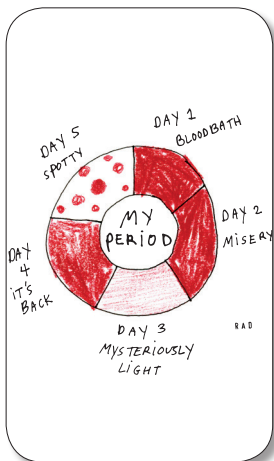
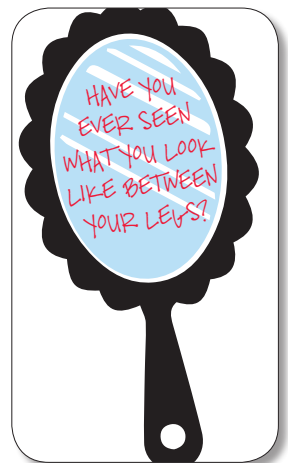
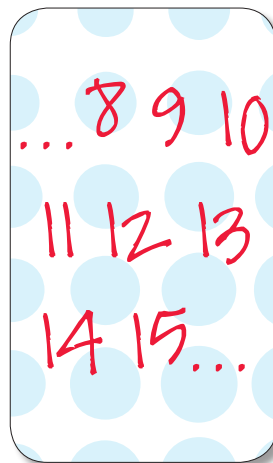
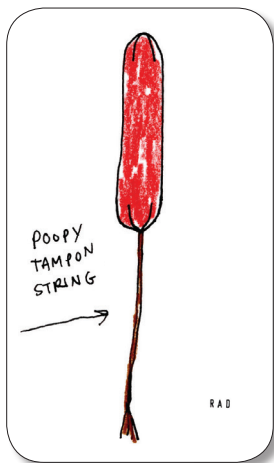
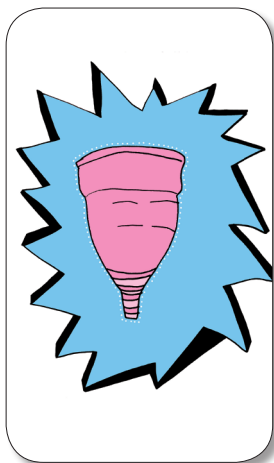
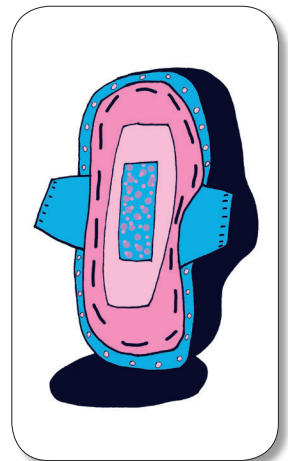
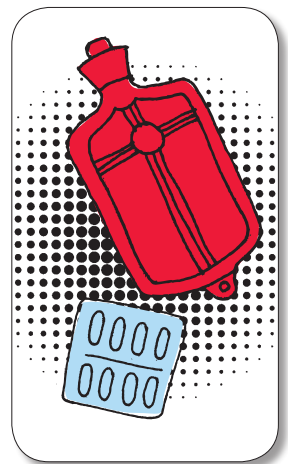
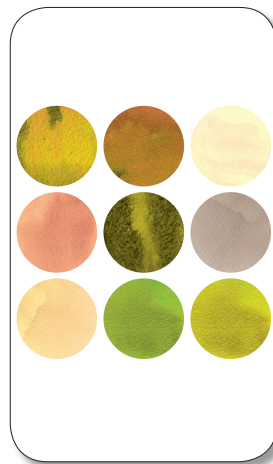
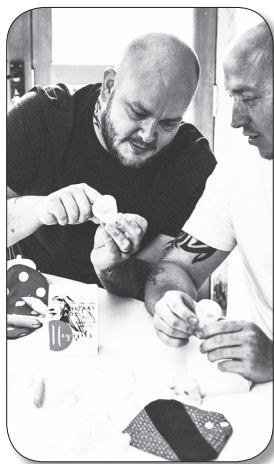


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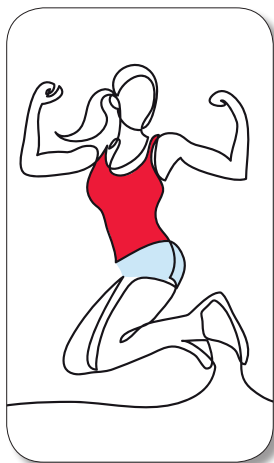
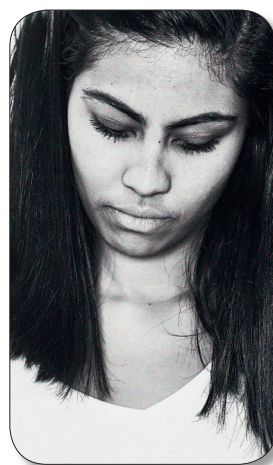
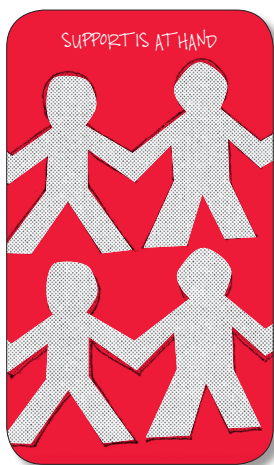
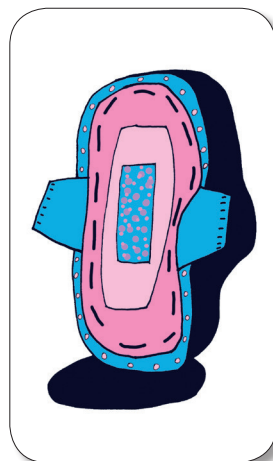
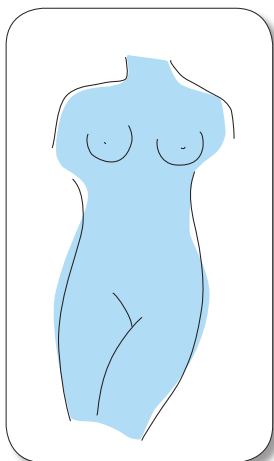
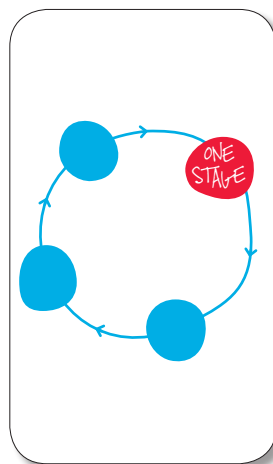
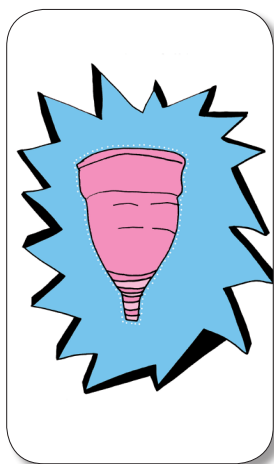
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