



Bam Bam Bam

A fist-bump rhythm game where split-second reactions decide the winner!

The core game

How it works

- 1 Two players face each other and hold out one fist each
- 2 Together they chant 'Bam... Bam... Bam!' bumping fists on each word
- 3 On the third 'Bam', each player instantly makes their move — the rules of what beats what are agreed before the game starts
- 4 The player whose choice beats their opponent's wins the round — first to win three rounds takes the game

Ways to play

Two versions for every occasion

Way 1 — Classic One-on-One

Best for 2 players · Anywhere, no equipment needed

- Face your partner and hold out a fist
- Chant 'Bam, Bam, Bam' together while bumping fists on each beat
- On the final 'Bam', both players make their move simultaneously
- Compare — the winner is decided instantly by the agreed rules
- Best of five rounds wins — then challenge someone new!

Way 2 — Tournament Chain

Best for 4–10 players · Garden, living room, or classroom

- Line everyone up — player 1 challenges player 2
- Play one round of Bam Bam Bam
- The winner steps to the right and challenges the next person in line
- The loser joins the back of the queue
- Play until someone wins five challenges in a row — they're the Bam Bam Bam champion!

TIP FOR PARENTS

Try this at home

Let younger children slow down the chant as much as they need to — the rhythm is the heart of the game and rushing it removes the fun. You can also invent your own family version of the rules for what beats what.

THE SCIENCE OF PLAY

Why it works

Rhythm-based games synchronise players before asking them to compete, which creates a sense of connection even between rivals. The shared chant and physical contact of the fist bump lower social barriers, while the instant outcome keeps energy high and frustration low.

SCHOOL ' HOME

The connection

Your child learnt Bam Bam Bam at school today as a quick energiser between activities — it's a perfect way to settle a friendly argument at home too!