

LET'S GO BOWLING!



GET ACTIVE



20 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Create your own bowling alley, using materials found around the house.

Creating Bowling Pins: You'll need to find 10 things from around the house which would work as bowling pins. Recycling materials work best for this. You could use empty drinks bottles, toilet and kitchen roll tubes, bottles from empty toiletries - whatever you can get your hands on to create bowling pins.

Start Bowling: Set your pins up just like a normal 10 pin bowling game. Stand a few metres away from them and then bowl the balls towards the pins to knock them down. How many pins can you knock down with 2 balls?

After you've bowled your two balls, re-set the pins and have another go. What's the highest score you can get? Can you get a strike? This is knocking down all the pins with just one ball!

Ask other family members to play and see who wins!

✓✓ WHAT YOU'LL NEED

- Pins from Recycled Material (drinks bottles, toilet roll tubes, shampoo bottles etc.)
- Two Balls

! NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please make sure the equipment used for the pins is appropriate and clean. Share a picture or video with your BB group or post on social media using #BBatHOME.