

Physical Health, Well-Being, and Movement Skills Activity for 36 to 42 Months

Bowling Game

This is a simple activity for ball skills with a bit of math, too (counting). And it's fun for the entire family.

Materials:

- Empty milk cartons
- Empty shoe boxes
- Broomsticks
- Ball

What to do:

- 1. Set up a row of empty milk cartons or empty shoe boxes on end. Use two broomsticks for the alley (this will help guide the ball successfully toward the pins).
- 2. Place a piece of flat cardboard on top of the row of "pins' and add a second row, if desired.
- 3. Let the child bowl. Count how many objects he knocks over and how many are left. Let him help stack them again.

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