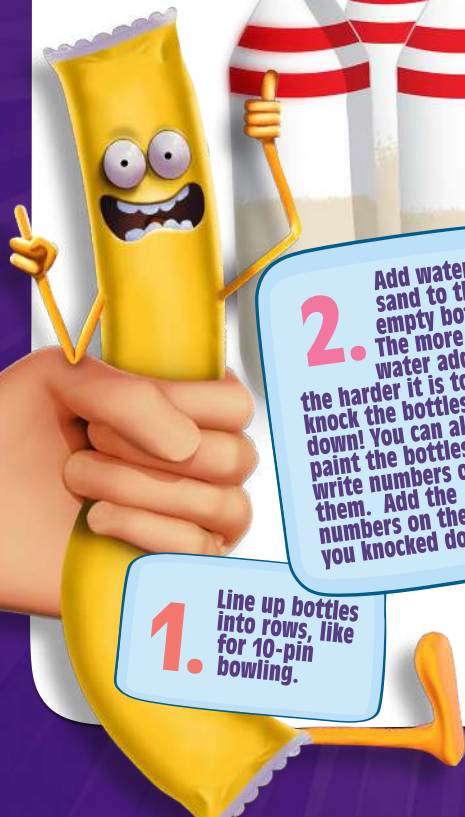


FRUSES

BOWLING CHALLENGE

MATERIALS NEEDED:

8-10 Empty Plastic Water Bottles, Ball (football or volleyball), water or sand.



1. Line up bottles into rows, like for 10-pin bowling.

2. Add water or sand to the empty bottles. The more water added, the harder it is to knock the bottles down! You can also paint the bottles and write numbers on them. Add the numbers on the bottles you knocked down.

3. Stand back and roll the ball into the bottles to try and knock as many as you can down. The person with the most points wins!
Fun tip: with each round, before you bowl, for example, spin 5 times before bowling or bowl with your other hand!



MATERIALS NEEDED

8-10 Empty Plastic Water Bottles,
Ball (football or volleyball).



STEP 1 Line up bottles into rows,
like for 10-pin bowling.

STEP 2
STAND BACK AND ROLL THE BALL
INTO THE BOTTLES TO TRY AND KNOCK
AS MANY AS YOU CAN DOWN!

