

## Bowling: Rolling, Aiming, and Making Rules

### Instructions:

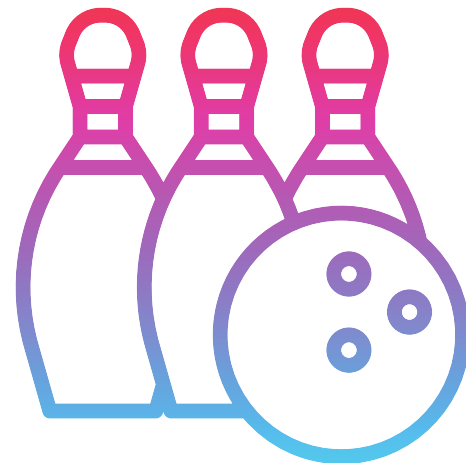
1. Set up the bottles in a line or a triangle. Have your child roll the ball to try to knock the bottles down.
2. Let your child set the bottles up again if he wants to.
3. Let your child set the rules of the game. He can decide how far away to stand, how to put the pins, and how to play.
4. Play as long as your child is interested.

### How to extend the activity:

As your child becomes able to knock the pins down, you can make it more challenging by setting them up further apart.

### Materials:

- Six, two-liter plastic bottles (or anything close that you have in the home)
- Small, soft ball



### What they learn:

**Motor Skills:** Your child is learning to control his big muscles when he sets up the pins and rolls the ball.

**Social-Emotional Skills:** He is taking turns and following simple rules. These are social skills she or he will use in school.

**Cognitive Skills:** Your child is starting to notice that the objects (pins) are part of a whole (the bowling game).