

Bowling: Rolling, Aiming, and Making Rules

Instructions:

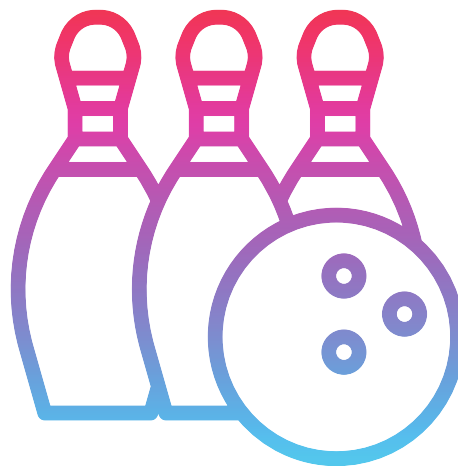
1. If you like, put a little sand or water in the bottles to make them heavier. Close caps tightly.
2. Set up the bottles in a line or triangle. Have your child roll the ball to try to knock down the bottles.
3. Let your child set the bottles up again if he wants to, or offer to help him.
4. Let your child set the rules of the game. He can decide how far away to stand, how to place "pins", and how to play.
5. Play as long as your child is interested.

How to extend the activity:

- As your child gets familiar with the game, you can extend the time of play.

Materials:

- Six 2-liter bottles or plastic cups
- Sand or water
- Small, soft ball about 6 inches in diameter
- Favorite board book or toddler book



What they learn:

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

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

Social emotional: He is taking turns and following simple rules. These are social skills he will use in school.