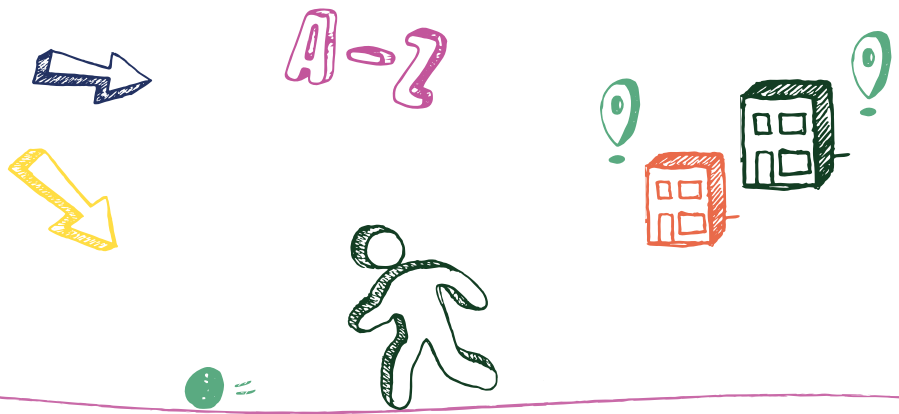




BOWLING

Can you bowl like a pro?



HOW TO PLAY GO FOR IT!

- > Get 10 empty plastic bottles or cartons
- > Stand them in a triangle and roll a ball towards them
- > See how many you can knock down!

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > 10 empty plastic bottles or cartons
- > A ball



REMEMBER It's a family activity!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome

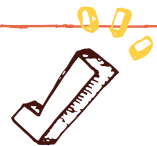
SAFETY...

As with any activity consider the space and make sure you have enough room



CHALLENGE!

You could try weighting the bottles with water!



ju:MP @HOME

For more fun activities visit:
JUMPATHOME.ORG

