



#FontanaTogether

## Indoors Bowling

### Equipment:

- Ball
- Empty water bottles
- Water
- Music

### Skills Emphasized:

- Hand-Eye Coordination

### Organization:

- Find some empty plastic water bottles or use whatever containers you have around the house. A real bowling alley has ten pins, but six work fine.
- If the bottle topples too easily, filling with a little bit of water will anchor them better.

### Instructions:

1. Pick a number of rounds to play.
2. Each player gets two tries to knock down all the pins. Each pin knocked down is worth one point.
3. If you knock down all the pins in one throw that's a strike and ends your turn, but your next two throws count double (as part of the strike score, plus as they would for the next turn).
4. If you bowl a spare, knocking down all the coins using both your bowls, your next one bowl counts double.
5. Whoever has the highest score at the end of the rounds wins.

### Variations/Modifications:

- For older kids, try extending the distance between you and the pins. Also, try a smaller ball like a tennis ball.
- For some nighttime fun, try adding glow sticks and playing in the dark.

