



## Physical Health, Well-Being, and Movement Skills Activity for 36 to 42 Months

### Bowling Game

*This is a simple activity for ball skills with a bit of math, too (counting). And it's fun for the entire family.*

#### Materials:

- Empty milk cartons
- Empty shoe boxes
- Broomsticks
- Ball

#### What to do:

1. Set up a row of empty milk cartons or empty shoe boxes on end. Use two broomsticks for the alley (this will help guide the ball successfully toward the pins).
2. Place a piece of flat cardboard on top of the row of "pins" and add a second row, if desired.
3. Let the child bowl. Count how many objects he knocks over and how many are left. Let him help stack them again.

