

Appropriate for :
Infants, Young Toddlers and Older Toddlers.



Bowling

SUPPLIES NEEDED:

- 6 empty drinking water bottles
- A few soft or light plastic balls
- Colored tape
- Glue or a glue gun (for gluing lids to bottles)

INSTRUCTIONS:

- Decorate bottles, if desired, making sure none of the materials used would be hazardous for children if removed.
- Glue bottle lids to bottles. (Removable bottle lids are a choking hazard.) Place three 12 inch strips of tape on the floor in the shape of a triangle, in an open, active play area of the room, or outside.
- Place the bottles inside, or on, the tape strips.
- Roll or toss a ball gently towards the bottles in an effort to knock them over.
- Encourage younger and older toddlers to pick up the bottles and place them back in the triangle, or to line them up, etc.

What the adult can do to support learning and development in these domains:

- Demonstrate different ways of moving to knock the bottles over (kicking the ball, rolling the ball while sitting, throwing the ball, etc.).
- Offer help when toddlers show they want it and need it.
- Use encouraging words as children experiment with ways to play with the materials.

Examples of language that can be used between caregiver and child:

- “You rolled the ball and knocked down the bottles!”
- “Look! One bottle is still standing. How can you knock it down?”
- “Let’s help our friend pick up the bottles so we can play again.”

This activity highlights support for the following *NCFELD* domain:

Cognitive Development	Approaches to Play & Learning	Language Development & Communication	Emotional and Social Development	Health & Physical Development
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