



Strike Out

As children improve at competitive games and sports, their self-confidence grows. This is one of the most important life skills that can increase self-esteem. Children can also begin to trust themselves and their abilities.

Do you and your child like to bowl but cannot make it to an actual bowling alley?

No worries because you can have the same experience at home. No bowling pins at home? Again, no worries. You can make your own using any cardboard tube from tissue to paper towel rolls. If using paper towel rolls, have older children safely cut paper towel rolls in half. For younger children, you will need to help them with the cutting process. Have the child set them up like bowling pins. If the child needs a reminder or additional support on how that looks, feel free to show the child a picture of bowling pins that are set up.

Once paper bowling pins are set up (preferably on a hard surface), use any ball to “bowl” with or make one from a pair of rolled up socks. You are all set!

Keep in mind that bowling can also develop skills like patience, turn-taking, sportsmanship, hand-eye coordination, balance, counting and simple math

Learning on the Go!

Headed to the park? Take the paper bowling pins and ball to use in the perfect place of the park.

Want to switch the game up? Use the sock ball or a soft ball to play toss together or act like a human basketball hoop while your child attempts to make a shot.



Share with us! We would love to see how you did with this activity. Use the hashtag [#grow2gether](#) so we can find it!

