

CRAFTY CHALLENGE

Recycled Bowling

Being healthy and fit can be fun when there are games involved. Create your own bowling pins in this game--play indoors or out.



Find 10 empty soda, juice, or water bottles that are all the same size—make sure they are clean and dry.

Peel the labels off of the bottles and decorate the outside using colored markers, stickers, or colored paper. You can even fill the bottles with bits of colored paper, but make sure they are all the same height/weight.

Line the bottles up in a triangle shape like bowling pins (see diagram below) and roll a tennis ball (or a soft indoor ball if you are playing inside) towards the bottles to try to knock them over.

Each player has two tries per round for up to 10 rounds. For every “pin” or bottle you knock down, you get one point. The player with the most points at the end of the game wins!

Bowling Pin Diagram

