

Daily tips for Playful Learning at Home – Number 28



Ten Pin Bowling!



A simple game that can be made up using things you might have around the house.

This can be done inside or out and your child can help make the pins. Once made this can be used again and again.

Your child might play for 5 mins or longer - be led by your child. Other family members may want to get involved – maybe you can have a tournament or play in pairs?

What do I need?

Empty plastic bottles with lids.

Sand, water or rice/lentils.

A ball

What do we do?

With your child add a little sand, water or rice/lentils to the bottles (which ever is easiest for you to access).

Encourage your child to have a go at screwing the lids on.

Set them up in a line or a bunch and walk away a few paces

Stand back and take it in turns to roll the ball see how many bottles you can knock over.

Count out loud with your child how many are knocked over.

You can gradually increase the distance as your child (or you!) gets more skilled

Talk about what is happening – a great way to use words like – close, far, left, right, back, forward, in front, behind ...

What will your child learn from this play?

Counting skills

Movement, balance and coordination skills

Focus and concentration

Turn taking

Science of weights

How can you take it further?

If your child finds it too easy to knock down the bottles encourage them to take a step back to make it more challenging.

Find a piece of paper and a pen and let your child tally how many bottles you each knock down

Explore different sizes of ball, or different amounts of water/sand etc in the bottles – chat about what difference it makes and why

Hold a family competition and let your child help you keep track of scores