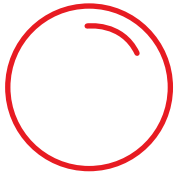


BOTTLE BOWLING

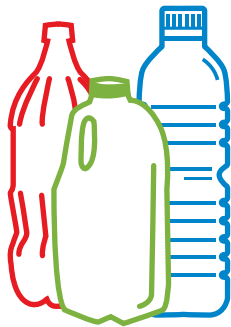
RAINBOW TRUST

SUPPORTING FAMILIES WITH A SERIOUSLY ILL CHILD

You will need:



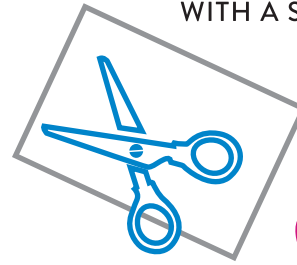
ball



empty plastic drinks bottles



water



paper and scissors



pens and tape

Make use of empty plastic drinks bottles by creating your own bowling set.

1. Wash out the bottles, and put a little water into each to weigh down the bottle - making sure the lid is secure. These are your pins.
2. Create numbers for your pins with numbered paper circles. Attach to the top of the bottles with tape.
3. Arrange the bottles and use the ball (football or similar) to bowl them over.
4. Try adding points to each pin and have a competition to see how many points you can score!

Why not save those plastic containers till you have 10!

