



WATER BOTTLE BOWLING!



This activity is so simple to set up and a great way to recycle plastic bottles!

Take 6 empty plastic bottles (more if you would prefer) and take off any labels

Fill with water and in food colouring of your choice then put the lids back on (you can use a glue gun to seal the lids if you wish).

Let your child enjoy shaking the water and colouring together and your good to go!



The bottles do fall quite easily however if you are using a very light ball another alternative is for your child to paint/decorate the outside of the bottles instead.

This game is a great game for working on gross motor skills, hand eye coordination and turn taking.

