



BOWLING @ HOME

At Home Edition - #MCMAtHome

Are you ready to have fun while exercising?

Use your old water bottles – we know you have tons –
for an easy and fun way to bowl inside your home.

Exercise Facts:

- Aerobic exercise, like brisk walking, running and playing sports are best for brain health.
- Being active can help you think, feel and sleep better.
- Children ages 6-17 should get at least 60 minutes of physical activity per day.
- Adults need at least 150 minutes per week of physical activity – that's 30 minutes a day for 5 days.
- Exercise lowers the risk of heart disease, stroke, type II diabetes, high blood pressure, dementia and Alzheimer's.

Bowling Time:

- The Set Up
 - Gather as many water bottles as you have. No more than 10 necessary.
 - Fill up the bottles until they're 1/8 full. The more you fill them up, the more difficult it will be to knock them over.
 - Find a ball.
- The Game
 - Set up your bowling pins (water bottles).
 - You may vary the distance from the pins based on age.
 - Knock those pins down!
 - After playing several rounds, see how far back you can go.

Ready for something else?

- Find a hoop or circle shaped object for throwing. This can serve as your ring. Now your bowling lane has magically turned into ring toss.

Want more?

Check out our **Milky Soapy Artwork** activity sheet for an educational STEAM experience!
Be sure to take pictures or videos and tag #MCMAtHome