

# GLOW-IN-THE-DARK BOWLING

## What You'll Need:

- 6 glow sticks
- 1 ball heavy enough to knock over water bottles (We used a small basketball)
- 6 water bottles, labels removed
- Paper and pencil to keep score

## Instructions:

Step 1: Crack glow sticks and insert into water bottles.

Make sure you get the lids back on tight.

Step 2: Set up a bowling alley. Hallways work great.

Put your bottles (bowling pins) in a triangle formation.

Step 3: Turn out the lights.

Now you can see your 6 pins glowing in the dark!

Step 4: Each person gets to roll the ball and try and knock over the pins.

Each player gets to roll the ball twice per turn.

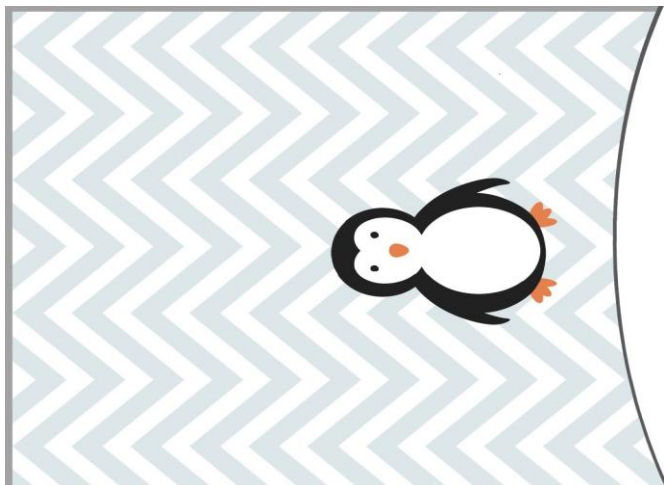
Players get one point per pin knocked over. Traditionally, you'd play 10 rounds. Whoever has the highest score, wins!



You can make up whatever rules you want that work best for your family!

## ENJOY!

For more information, go to  
[www.MyKidsAdventures.com](http://www.MyKidsAdventures.com)  
To find this particular activity, search  
"bowling"!



To:

From:

Enjoy Your Adventure!