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| Activity | Plastic Bottle Bowling |
| Materials | 5-10 empty plastic bottles, soccer or playground ball, tape |
| Skills Targeted | Strength, coordination, balance |
| Instructions: | 1. Create a home bowling alley in a hallway, or backyard. 2. Use tape (or string) to mark where the bottles should go. 3. Roll or kick the ball toward the “bottle bowling pins.” |