

# Indoor BOWLS Activities

All of the following **bowls activities** can be created in your **own home** using things you have around the house. If you don't have an actual bowl **that's OK!** You can use any other **type of ball** you have at home.

## "THROW IN THE TOWEL!"

Lay out three different sized towels/mats behind each other in a column.

Stand approximately 2-3 meters away from the towels and roll the bowl to try and land on the mats/towels.

If your bowl lands on the furthest towel you get 6 points, 4 points for the second towel and 2 points for the closest towel.

If your bowl doesn't land on any towels, then you score 0.

To make this harder keep increasing your distance from the first towel.

