

Indoor BOWLS Activities

"RUN THE GAUNTLET!"

Set up an obstacle course in your backyard or hallway in which you have to roll your bowl through the course and land on a mat/towel at the other end. Try not get stuck or hit anything with your bowl.

You can begin by trying to get through the course with as little bowls as possible. To make it harder try bowling your ball only once from the starting spot right through to land your bowl on the towel/mat at the end of the course.

You can use anything to make the obstacle course things like a chair, a couch, a toy, even someone's legs!

