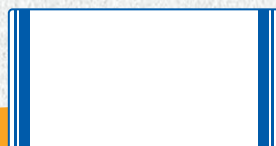
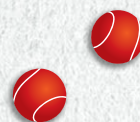
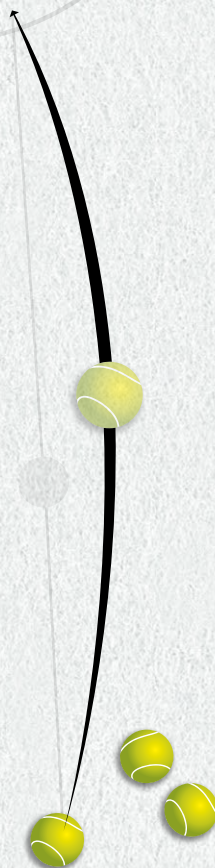
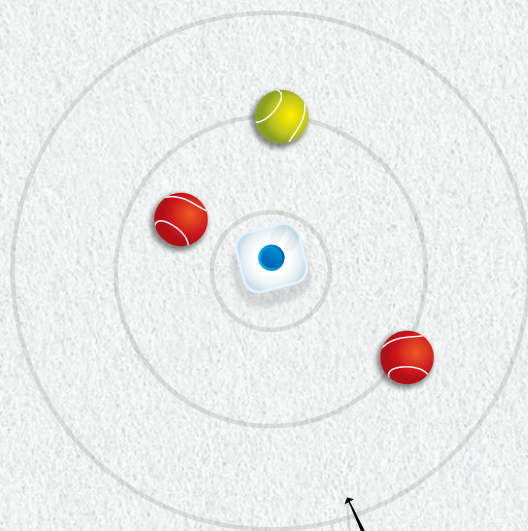


Indoor **BOWLS** Activities

INDOOR
"BOWLS / BOCCE"

Players take turns to throw objects from a mat, the aim after all objects have been thrown is to be the closet to the target!



Indoor BOWLS Activities

All of our indoor 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.

INDOOR "BOWLS / BOCCE"

Equipment:

- Throwing objects – Fours objects per player, e.g. tennis balls, socks, bean bags
- Target – e.g. cones, drink bottle
- Mat – towel, sheet of paper, bathmat

Instructions:

- This game is best played against another house member
- Each player is given four identical objects e.g. four pairs of socks
- Decide who throws first, the first player throws the target and then throws their first object
- The second player then throws their first object, continue to alternate throwing until all objects are thrown
- The player who throws their object closest to the target wins a point
- Players then collect their objects and the target and play again
- First to 7 points wins!