



Bowling

Fill clear bottles of different sizes with colored water or canisters/cans filled with pebbles. Model how to roll a ball down the “lane” to knock over a bottle. Invite children to try to knock down the bottles by rolling balls of different sizes and heaviness.

More Support: Modify the length of the “lane.” Encourage children to freely explore the balls based on their abilities. Allow them to bounce, roll, push, kick, drop, and pick-up the balls.

Narrate Gross Motor Movements

“You are moving your arm carefully so that the ball rolls straight in front of you – that helps you knock down the bottles!”

“You like playing with the ball. Oh no! It rolled away, so you are crawling after it.”