

Go on a litter pick and collect plastic bottles. Wash and clean them out then make them in to a set of skittles. Fill each bottle with sand or water



### For leaders

This is a great activity at night too. Fill each bottle with water and place a glow stick in each bottle to make them glow in the dark. Reuse the skittles in the daylight once the glow sticks have faded for more fun time after time!

**Age 14 - 18**

**Age 3 - 5**

**Age 5 - 7**

**Age 7 - 11**

### Activity details

#### This activity counts towards...



- Reuse

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£/Free Day/Night	Indoors/Outdoors
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|---|---|
| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11  |
| <input checked="" type="checkbox"/> 3 - 5 |   |
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|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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#### Skills:

- Gross Motor Skills

#### Equipment:

- Balls
- Found Objects
- Recycled Materials
- Sand
- Water