

Make your own glow-in-the-dark bowling alley



For leaders

Using glow sticks, fill large fizzy pop bottles with water and place different coloured glow sticks in each bottle! Line up your bottles or put them in the traditional bowling pin formation, then use a football/tennis ball to bowl and knock over the pins. Remember to turn out the lights! Why not have a tournament in your unit? This is a fun activity for when the nights are dark - perfect for an alternative Halloween themed evening.

Age 14 - 18

Age 3 - 5

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- Autumn Challenge

£/££ Indoors/Outdoors
Night

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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 type="checkbox"/> Spring |
| <input type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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Skills:

- Gross Motor Skills

Equipment:

- Balls
- Drinks Bottle
- Glow Sticks