Bowl Me Over

**AGE/GRADE LEVEL:** Adults and Older Adults

**FORMATION:** Individual turns

**EQUIPMENT:** 10 clean, empty soda cans and an empty gallon milk jug

**RULES/DIRECTIONS:**
1. Set up soda cans in the formation of 10 bowling pins at one end of the room. Each participant takes a turn at bowling down the soda cans by rolling the empty milk jug. Give each participant two tries and then set the cans back up for the next person. Award one point for each can knocked over.

2. Depending on the amount of time and number of participants, you could go for more rounds and keep score. In a larger group, you may want to set up more “lanes” with additional soda cans and milk jugs.

3. The person who knocks over the most cans (and gets the most points) is the winner.

**VARIATION:** Instead of a milk jug, you could use an orange, apple or other round fruit to knock over the soda cans.

Substitute clean 12 or 20-ounce plastic bottles for the soda cans.

**NUTRITION NOTE:** This activity could be used with a lesson on drinking milk, eating calcium-rich snacks, or with a “cut your sugar intake” lesson.

Crackling noise of pins being knocked over can represent bones cracking without calcium.