

**Activity: Bowling Milk Cartons/water bottles**

**Developmental Focus Area: Physical Age: Infant +toddlers (1-2)**

**Physical activities are very important in the life of children throughout their childhood. It promotes healthy growth and development helping them build a healthier body composition, stronger bones, and muscles. Encouraging, daily physical activities for children helps them with healthy body weight and creates healthy habits that has numerous benefits.**

**At home together with you child: Using empty plastic milk cartons, or plastic water bottles, add sand or soil. Set up bottles in an open area, and using a ball, take turns in throwing (bowling) the ball towards the containers. Encourage activity until child losses interest.**

**This activity develops coordination of arms and torso, traveling skills and the ability to read distance.**

**Online Resource- Visit** <https://activeforlife.com/activity/bowling-milk-cartons_35/> **for more physical movement activities to enjoy with your child while at home!**

***\*\*\*Please remember to read aloud to your child daily. We recommend reading a minimum of 3 hours a week with your child. ![C:\Users\BCCAP- Head Start\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\VAOL3GO4\MC900437791[1].wmf]()***

**The PAL letters are developed to support your child’s academic/social emotional progress and related to the programs School Readiness goals.**

**Child’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Rate this activity from 1-5, circle your rating (5= highest rating): **1 2 3 4 5**

Comments about the activity: (PROVIDE EXAMPLE) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I agree that completing the at home activity and reading aloud to my child is equivalent to four hours volunteer time for the week.

**Parent’s Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |
| --- | --- | --- | --- |
| **DATE** | **Activity Code** | **HOURS WORKED** | **RATE** |
|  | **HA** | **4 hours** |  |