

Bowling



Objective: The aim of this activity is to promote physical activity, social interaction and entertainment.

Equipment and materials:

- A mobile bowling set with soft, lightweight balls and plastic cones as pins.
- A larger and heavier ball
- A floor or flat surface (such as a corridor)
- Whiteboard or paper and pencils
- Can be adapted to the materials that you have available
 - Empty plastic bottles (such as water bottles) with a cap. Fill the plastic bottles with water to make them heavier and more stable. Close the cap tightly to prevent leaking

Preparations:

- Select the track in a suitable and safe place
- Place the balls in a basket or on a trolley next to the track.
- Set up the plastic sticks in a triangle formation at the front of the track.

Bowling:

- Divide the participants into smaller groups or let them play individually.
- Each participant takes turns to roll the ball towards the sticks, trying to knock over as many as possible. After each round, count the number of sticks knocked over and register the score.
- Encourage the participants to cheer and support each other, whatever the outcome is.



Time:

A bowling round can take about 15-20 minutes per participant or group, depending on the number of participants and how many rounds you choose to play. Usually the activity takes 30-60 minutes.



Alone or in a Group:

Bowling is a group method.

Source: The activity is created with inspiration from models and ideas from national material banks. [Äldreinstitutets material på svenska](#), [Hyvä mieli – Pohdintoja mielen hyvinvointiin -työkirja ikäihmisille](#), [Vahvike-aineistopankki](#)) and ChatGTP's proposal