

# Indoor Bowling – Game Instruction

**Title:** Indoor Bowling

**Category:** Indoor

**Subcategory:** Family

**Players:** 1 or more

**Time Required:** 15–30 Minutes 🕒

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## Description

Indoor Bowling is a fun and simple family activity that brings the classic alley game into your home using household items. It encourages hand-eye coordination and light physical activity, making it great for players of all ages.

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## Materials Needed

- 6 to 10 empty plastic bottles or paper towel rolls (for pins)
  - A soft ball (like a tennis ball or rolled-up socks)
  - Tape to mark the lane and starting line
  - Score sheet (optional)
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## How to Play

### Setup:

- Set up your “pins” in a triangle formation at one end of a hallway or open space
- Mark a starting line a few feet away using tape
- Decide on the number of rounds (e.g., 5 or 10)

### Objective:

Knock down as many pins as possible in each turn.

### Rules:

- Players roll the ball from behind the start line
- Each player gets 2 rolls per turn
- Knocked-down pins are counted for points
- Set the pins back up between turns

### **Winning:**

**The player with the highest total score after all rounds wins.**

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### **Tips & Variations**

- **Use water in the bottom of bottles to make them more stable**
- **Create a themed lane using colored paper or decorations**
- **Award bonus points for knocking down all pins in one roll**
- **Try blindfolded bowling for a fun challenge**
- **Use glow sticks or LED lights for “glow bowling” at night**