



Glow-in-the-Dark Bowling

DIY Glow-in-the-Dark Bowling is a great excuse to turn off your screens for an evening and get your family engaged in a fun activity. The cost is low and the fun is high! Setup will take about 10 minutes and a game can be as long as 30 minutes. Supplies should be easy to find without making a special trip.

Materials Needed

- 6 plastic bottles (water, soda, etc)
- 6+ glow sticks ("big box" & dollar stores will have these, or order them online, no need for a special trip.)
- A ball heavy enough to knock the pins down (ask permission to use indoors first).

Creating Your Bowling Alley

- Choose the spot for your bowling alley. Hallways are ideal because they provide natural bumpers and a back stop, but anywhere inside or outside will work as long as the ground is relatively level.
- Grab 6 clear, plastic bottles and remove all labels so you can see through them (don't worry about it if they're not all the same size.)
- Fill each bottle with water, stopping about an inch from the top. This gap will ensure you won't have any spillage when you add the glow sticks.
- Add your glow sticks at the last minute (they only last about 24 hours). Any glow sticks will work, if you're using the thin bracelet kind, you'll want to add a few to each bottle to get a strong glow. (Don't forget to screw the cap back on tightly!)
- Set the pins up, placing 3 in the back row, 2 in the middle, and 1 in the front. Space them 4-6 inches apart.
- Grab a piece of paper and a pen to keep score. Everyone should come up with fun nicknames to put on the score sheet! To simplify the scoring system just have every pin worth 1 point.
- Each player will get two chances to knock down the pins. Add up how many pins were knocked down after both attempts and that's their score for the frame. A game will consist of 10 frames. At the end of the 10th frame, see who has the most points.
- If you find the game is too easy or hard, try moving the pins farther apart for a more difficult challenge, or move them closer together for an easier game.

