



## Family Activities

## June Week 1: Solo Cup Bowling

## Equipment

Solo cups, at least 3 but the more the better  
Playground ball, tennis ball, or other small ball



- Set Up** Stack cups into 3-cup pyramids at one end of the play space.
- Let's Play!** Use the balls to roll, underhand, and try to knock down the pyramids. Then, have children help you reset the pyramids. You can make lots of little 3-cup pyramids, or try making larger ones.
- Change Up** Try bowling with: the non-dominant hand, both hands rolling the ball from between the legs, backwards through the legs, a much smaller ball like a golf ball.



## Family Activities

## June Week 1: Tower Up, Tower Down

## Equipment

15 solo cups or other plastic cups that are all the same size.

Stopwatch app



- Set Up** Have a clear, level surface for stacking and unstacking cups.
- Let's Play!** Stack the cups into a pyramid with 5 cups on the bottom row as fast as possible. Then, unstack them into a single stack as fast as possible. See if you get faster with practice.
- Change Up** Stack with: dominant hand only, non-dominant hand only, both hands and eyes closed, looking through legs from an upside down position.