



World School Milk Day 2025!

Dairy Gives You Go!
For strong bones and moves!

Milk bottle bowling

What you will need:

- Ten empty milk cartons (1-liter size work best)
- Paint, markers, or stickers for decoration
- A small ball (rubber ball, tennis ball, or soft foam ball)
- A flat playing surface (indoors or outdoors)



Step 1: Prepare and decorate the cartons

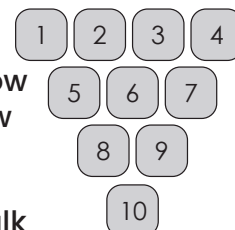
1. **Clean and dry** each milk carton thoroughly.
2. Let the kids **decorate** each carton — turn them into funny characters, monsters, animals, or just use bright patterns!
(Use markers, paint, googly eyes, paper, or stickers.)
3. **Optional:** Fill the bottom with a bit of sand or rice to add weight.

Step 3: Play the game

1. Each player takes turns rolling the ball toward the "pins."
2. Each turn = Two rolls, just like regular bowling.
3. Count how many pins are knocked down per turn.
4. Keep score, or just play for fun!

Step 2: Set up the bowling lane

1. Arrange the milk cartons in a triangle (like bowling pins):
 - **One** bottle in the front row
 - **Two** bottles in the second row
 - **Three** bottles in the third row
 - **Four** bottles in the last row



2. Mark a starting line using chalk

Optional variations:

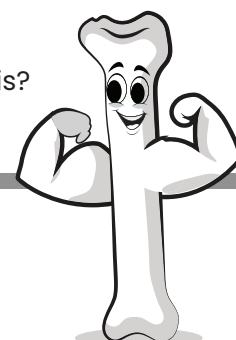
Math challenge: Add numbers to the cartons and have kids total their score after each round.

Health message

Dairy contains an important nutrient that keeps your bones strong.

Question: Do you know what it is?

Answer: Calcium.



www.dairykids.co.za

Initiative by the Consumer Education Project of Milk SA



basic education
Department:
Basic Education
REPUBLIC OF SOUTH AFRICA

