



# 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.

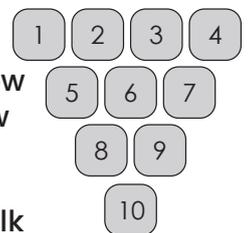
### Step 3: Play the game

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:

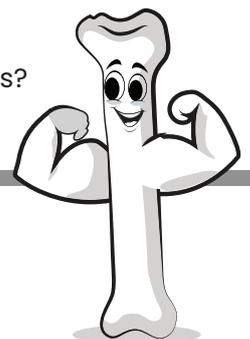
**Math challenge:** Add numbers to the cartons and have kids total their score after each round.

### 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](http://www.dairykids.co.za)

Initiative by the Consumer Education Project of Milk SA



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