Tartan Toddlers

Do it at home

Sock Bowling!

Roll, Knock and Cheer!



Use what you have at home!

1 What you need



- 6–10 rolled up socks (as pins)
- A soft ball (rolled up socks or soft toy ball)
- Space to play
- Basket or box (optional)

2 Set up



1. Roll up socks and stand them up as bowling pins.
2. Place the pins at one end of the space.
3. Mark a starting line.
4. Give your toddler the ball.

3 Let them explore



Encourage your toddler to roll the ball and knock down the socks.

Count how many they knock down.

Can they knock them all down?

Set them up again and try!

4 What it supports

- Gross motor skills
- Balance and coordination
- Hand-eye coordination
- Problem solving
- Confidence
- Independence

5 Top tip



Use different socks and colours, or add numbers on paper and tape them to the socks for extra learning as your toddler grows!

We love to see little ones explore and have fun!

Please always stay close and supervise your baby at all times, so play is safe, happy and worry-free.

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Play, Learn, Grow!