

## How to...

# Build bottle skittles

### What you need

- Paintbrush
- Acrylic paint
- Six clean plastic bottles with lids (all the same size)
- Rice
- Tennis ball

### Instructions

Apply a base coat of paint to each bottle and then leave them to dry. You may need to give them a few coats to get a solid colour. Once you are happy with your base colour, you can decorate your bottles. Painting stripes makes them look like to bowling pins, but you can paint any pattern you like. When the bottles are completely dry, pour three tablespoons of uncooked rice into the bottom of each one and screw the lid on. Line them up at the end of your garden or living room, grab a tennis ball and get bowling. How many can you knock down with a single strike? If you have a partner to play with, take it in turns to bowl and pick up all the skittles after each roll. See who has the highest score after each player has had five goes.



Make your own bowling game.



### DID YOU KNOW?

In the 14th century, the game of skittles was known as kayles in England, kyles in Scotland and ceillys in Wales.

Stick the kettle on – it's time for a brew.



# Make a mug of tea

### What you need

- Kettle
- Water
- Mug
- Teabag
- Teaspoon
- Milk

First fill the kettle with enough cold water to fill your mug. Switch it on and, while you wait for the water to heat up, pop a teabag in the mug. Once the water has boiled, pour it into your mug. To ensure there is room for the milk pour the water so it reaches around 1.5 centimetres from the top. Let the tea brew for about three minutes before using a teaspoon to remove the teabag. Give the teabag a little squeeze against the side of the mug so that it doesn't drip. Finally, add a little milk to your tea and stir – it's ready to drink.

**WARNING!**  
Be careful – boiling water can burn. Ask an adult for permission before using a kettle.

Got an idea? Made something cool? Share it with us at [hello@theweekjunior.co.uk](mailto:hello@theweekjunior.co.uk)

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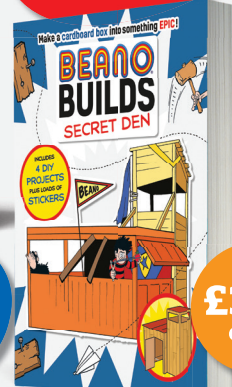
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### ADVERTISEMENT FEATURE

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We'd love to see how creative you can get with a cardboard box. From building cars to castles, the possibilities are endless. So grab a box and let your imagination run wild. Once you've made your cardboard creation, send a picture and a brief description to [competitions@theweekjunior.co.uk](mailto:competitions@theweekjunior.co.uk) and put BEANO in the subject line. Our three favourites will be published in a future issue of *The Week Junior* and each winner will get a copy of both books. The closing date is 4 August.

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