



TAPE IT DOWN

IDEAL AGE: 3+

Use tape on the floor to create fun and challenging obstacles!

LEARN TOGETHER

As children are taking part in this kinesthetic activity, they are practicing and developing gross motor skills. Children are also counting and learning colors depending on the challenge, and developing important executive function skills like working memory when given tasks.

MATERIALS

- Masking tape
- Colored tape (optional)
- Cardboard squares (optional)
- Safe objects to spread on the floor like coins, dice, bean bags etc. (optional)

MAKE TOGETHER

Options are endless with tape on the floor. Create patterns, balance beams, ladders, hopscotch and more!

- 1 Make a straight balance beam, a zig-zag one, or a curvy one and try following the path.
- 2 Create a ladder and hop from rung to rung. Can you pretend to climb it on your hands and feet?
- 3 Make hopscotch out of tape by taping down squares in a sequence. Try counting as you jump. You can also add cardboard squares to your hopscotch path with numbers, letters, shapes, colors, and more. Can you only jump on the even numbers, or the color red? Try tossing an object on a square and hop on one foot to get there.
- 4 Create different patterns on the floor with shapes and colors and follow a particular pattern or color. Try using color to identify speed.
- 5 Make a tape-scape for a friend and have them complete the challenge.
- 6 Make a road for your planes, trains, and automobiles to drive along. You can pretend to be the snowplow clearing off the snow!



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