

## **Name of activity: Tape Games**

**Purpose / Keywords:** Gross motor, motor planning

**Age range:** K- grade 2, grade 3-5, middle school- teen

### **Materials**

- Painters tape
- Great imagination!

### **Instructions**

Using painters tape to create indoor obstacles and games is a great way to work on gross motor skills and self-regulation

**Below are some examples:**

- 1. Balance Beam:** use painter tape to tape down a line of any length, and have a blast. Challenge your child to only walk on the line all the way to end.
  - a. Backward: Switch up the challenge by having the child walk the tape line backward or with eyes closed (socks off so they can feel the line).
  - b. Other variations: Walk the tape line heel-to-toe or try jumping down the line (both feet still on!)
  - c. Angles: Try taping down further lines at different angles. Spirals and zig-zags are always fun.
- 2. Tape Maze:** If you're able to create enough space on the floor, constructing a tape maze can be a great indoor activity. Design a simple maze for toddlers or add dead ends to challenge older kids.
- 3. Hopscotch:** Create a hopscotch grid on the floor. Kids can hop, skip, and jump through the course.
- 4. Tape Shape Game:** Create different shapes on the floor using tape (circle, diamond, triangle, square). Instruct the child to move between different shapes using different actions
  - i.e. 'crabwalk to the diamond', 'hop to the square' 'walk backward to the circle and spin around in the circle 2x'

5. **Add balls:** Can the kids dribble a small ball through the maze without crossing any of the tape lines? Get a timer and mark how long it takes the kids to move the ball through the maze – then challenge them to improve their time.
6. **Number maze:** This is a good variation for children who are learning number recognition and counting skills. Mark numbers along the maze route the child can follow in the correct order from start to exit.
7. **Design a Driving Course:** Design a road map on the floor for your kid's collection of matchbox cars .Get creative and add other pieces to make a street scene or use furniture in the room as obstacles. The kids will be driving all over town all day long.

**Link / Resource:**

<https://www.familyfuntwincities.com/indoor-games-for-kids/>