

# KIDS MOVEMENT ACTIVITIES USING TAPE

## **Cross Crawls**

Place a piece of tape on a child's right hand and a piece of tape on a child's left knee. Encourage her to touch the taped hand to the taped knee and then repeat on the opposite, "no tape" side. Bonus: if you have two different colors of tape, mark the opposite hand and leg with another color!

## **Make a Floor Ladder**

No need to buy an expensive agility ladder that trainers use! Grab a roll of tape and stick some connected squares on the floor for a quick movement challenge that kids will love!

## **Jumping**

How far can you jump? Challenge kids to start behind one line of tape and then jump as far as they can to put their own mark on the floor. Or, put an "X" on the floor as a starting point and have kids jump to targets all around them to practice agility, body awareness, motor planning, and balance.

## **Balance Practice**

Use tape to create a balance beam or get creative and make a shape like a tree or a flower to balance on!

## **Toss and Catch**

Hand-eye coordination gets a workout in a simple game of toss and catch with a roll of tape! Plus, it's so much more entertaining than a ball!

## **Target Practice**

Place bits of tape at varying heights along a wall and have kids jump, squat or reach on their tiptoes to touch the different colors.

## **Body Awareness**

Kids love this game! Call out body parts and have kids use their fingers to rip off a tiny piece of tape to mark their nose, ear, knee, etc.