

TAPE GAMES

A simple roll of low-tack Painter's tape will be your new best friend once you try these genius ideas that get kids exerting their energy in all sorts of creative ways!

Tape Shape Game:

Use this tape to put a variety of shapes, letters and/or numbers on your floor. Have your child stand on their favorite one then give them instructions to follow that will lead them to their next destination (for example: "bear crawl to the square", "hop like a Frog to the T", "Run to the rectangle"). We love that this game from Toddler Approved keeps your child moving, but also helps them learn their shapes, letters and numbers!

Tape Lines: Make 5–10 separate lines of tape, each about a foot apart, on your floor or carpet. Label the first one the "start" line and then give your kids simple instructions:

Long Jump: See how many lines they can jump over. Have them try and beat their best score each time. Experiment with arm swinging vs. arms behind their backs.

Run 'n' Jump: Now let them take a running start and see if they can jump even further!

Long Jump Backwards: Increase the difficulty by performing the tasks jumping backwards.

Hop: How far can they jump on one leg?

Reach 'n' Stretch: How far can their leg reach with one foot on the "start" line?

Create a Race-Car Track:

Use your painter's tape (or opt for this super cool race-track tape) to make a huge road system for your kids' matchbox cars. Think outside the box and have the track scale furniture and other obstacles (just make sure it's something you don't mind toy vehicles being "driven" over). The key to making it active is to make it large-scale, so they are engaging their core muscles while crawling all over.

Hopscotch:

Make a simple hopscotch "board" and your kids will think it is just the coolest thing that it's inside!

Number Squares:

Make a large square with your tape and then divide it into 9 or more small squares, marking random numbers in each one. Now ask your child to perform a specific movement to get to the next number like "jump to 10", "zoom to 3", "slither to 67".

Can you invent a new game with tape? Send us a photo so we can see!