Painter Tape Gross Motor Activities

Below are various activities you can help your child do at home using painter tape! These activities are a great way to work on your child’s overall strength, balance, and motor planning.

1. Painter Tape Tic-Tac-Toe: you can set up the tic-tac-toe grid on the floor or on a window. You can use paper plates, bean bags, or tape to mark the “X’s” and “O’s” for the activity. You can have your child play this game in various positions (tall kneeling, standing, quadruped, etc.).

2. Painter Tape Spider Web walk: You can help your child create a spider web on the ground out of painter tape and then place various items on the spider web (you can print off images of bugs if you’d like). Have your student follow the lines on the spider web (works on balance) and then pick up the items/bugs off of the web (works on squatting mechanics).
3. Painter Tape Line walking: Help your child create various lines on the ground (straight, curved, zig-zag, etc.). Have your child practice walking on the various lines (works on balance and motor planning). You can have them carry items across the lines to make this activity more interactive!