



Get Moving: Tape Roads

Using masking, washi, or painter's tape, create a road map on your floor! Add swirls, loops, zig-zags and curves to make it interesting-like this shape to the right.



Begin by walking slowly on the tape line with your child, following the tape, like a car follows the road.

Ask your child to imagine they are a car driving on the road:

What sounds would a car make?

What if it was a race car?

How would a race car move on the road?

Would it go faster or slower?

Create different ways to move on the road. Practice listening skills by calling out a different form of transportation and challenge your child to switch between them quickly.

Suggestions:

Bicycle: sit on the ground and peddle your legs

Bus: make your body really big and move slowly

Garbage Truck: pretend to pick up trash

Make up your own: children will enjoy imagining other ways to get around!