

## Gross motor skills

# Fun with tape or string



Whether it is masking tape, cello tape or even string or wool we can make tracks on our floors at home or in the garden to create some physical activities.

Line walking is a great way to improve sensory processing and balance.

We can make some fun games using tape or string for example a game of hopscotch or create some shape outlines on the floor for a bean bag toss or ball toss.

We can encourage balance, hopping or jumping along the lines and patterns to develop gross motor skills. These activities can improve strength and body control.

