



Physical Health, Well-Being, and Movement Skills

Activity for 30 to 36 Months

Tape Walk

Toddlers first learn to walk with a wide-base gait and hold their hands high to help with their balance. This activity helps them develop the skill to put one foot in front of the other.

Materials:

- Masking tape

What to do:

1. Put a long strip of masking tape on the floor.
2. Show the toddler how to walk on the line, putting one foot in front of the other.
3. Count the number of steps it takes to get to the end of the tape.
4. Make a zigzag line with the tape and ask him to follow the line.
5. Provide positive encouragement as he practices following the line.
6. Describe what he is doing, using words like "straight," "crooked," "long," and "short."
7. Play follow the leader. Take turns being the leader.

Pretend the line is taking the child somewhere and make up stories about where he is going. Let him make up stories about where he is going.

