



Boys & Girls Clubs  
of Hamilton



## Indoor Tape Shape Game

### You will need:

- Painters tape
- Indoor open space



### Activity:

- Use the painters tape to put a variety of shapes letters and/or numbers on your floor.
- Ask your child to stand on their favorite shape.
- Give them instructions to follow, which 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”).

For more information and physical literacy ideas please visit:

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

This game not only keeps your child moving, but also helps him learn his shapes, letters and numbers!

There are many physical literacy activities that do not require expensive materials! For more budget friendly or free ideas go to:

<https://activeforlife.com/keep-kids-active-on-a-budget/>

