



遊戲 10
Game

海上的小船

Little Boat On The Sea



所需物資

Materials Required

沙灘球、大毛巾
A beach ball and beach towel.

遊戲目標 Game Objectives

訓練孩子上肢肌肉。

To train the upper limb muscles of children.

遊戲玩法 Game Rules



1 攤開大毛巾，爸媽與孩子各拿著毛巾的一角。

Spread the beach towel and let the parents and children pull a corner of the towel.

2 把沙灘球放在毛巾上。

Place the beach ball over the beach towel.



3 一起擺動毛巾，讓沙灘球在毛巾上滾動。

Move the towel together and let the ball rolls over the towel.

4 嘗試把球分別傳到爸媽和孩子面前。

Try to pass the ball to the front of the parents and children respectively.

遊戲變化 Game Alternatives

1. 在毛巾上放多個球兒。
2. 控制球兒在毛巾上滾動而不掉在地上。

1. Place several balls over the towel.
2. Control over the balls on the towel in order to prevent them from falling down.

