



## 遊戲 1 Game 1

# 站罐子

## Stand-Up Cans



### 遊戲目標 Game Objectives

1. 訓練孩子的下肢力量和靈活度
2. 訓練孩子的肢體協調能力

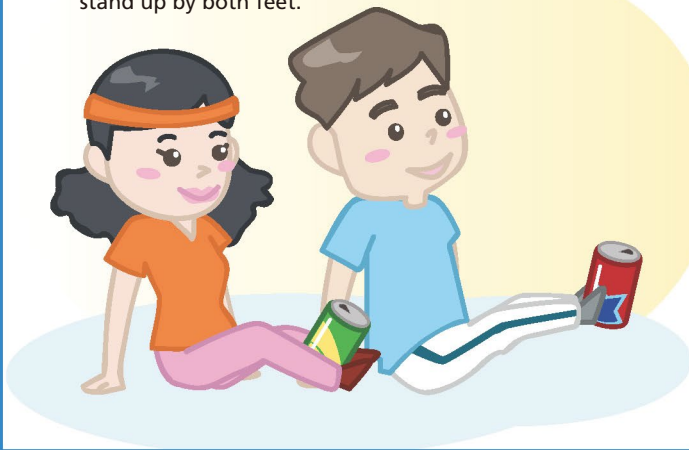
1. To train the power and agility of children's lower limbs.
2. To train the coordination of children's limbs.

### 遊戲玩法 Game Rules

- 1 先把數個空罐子橫放在地上。  
Lay several empty cans horizontally over the floor.



- 2 爸媽坐在墊子上，雙手按在地板，示範如何用雙腳把橫放的罐子轉換成直放的位置。  
Sitting on the mats, parents are to press the floor with both hands and demonstrate the way to make the laid down cans stand up by both feet.



- 3 然後孩子也跟著爸媽的示範，可以一家人一起玩。  
Ask the children to follow their parents' demonstration and let the whole family play together.



### 遊戲變化 Game Alternatives

1. 可用裝有飲料的罐子，增加難度。
2. 讓孩子把罐子排成指定位置或圖案。
3. 爸媽可為孩子計時，看看孩子用多少時間才能放好一定數量的罐子，然後進一步限時完成新遊戲。

1. Game difficulty can be increased by using cans filled with beverages.
2. Ask the children to arrange the cans in designated positions or patterns.
3. Parents can time for their children and see how long it would take for their children to arrange certain number of cans. Then, parents can set a time limit for their children to finish the game.

