



特特家庭 親子樂

Happy Teddy's Family



給家長和老師的話

「幼營喜動系列」故事圖書是衛生署「幼營喜動校園」計劃的健康 育刊物之一。首兩冊健康刊物《特特奇遇記》及《奇奇學本領》早前已經面世。

故事主角「特特」的妹妹「奇奇」在上冊《奇奇學本領》已開始於地球開展奇妙之旅。今次他們一家收到衛生署吉祥物「鍾意郁」的邀請，決定一起到地球參與親子運動會。本署藉「特特」一家在親子運動會上的有趣經歷，鼓勵家長多與幼兒一起參與體能活動，促進親子關係。

無論室內或室外，家長也可與幼兒一同進行親子體能活動和遊戲（如捉迷藏、扮動物走動、球類活動等）。

編者
二零一五年十二月

To Parents and Teachers

The “StartSmart Series” is one of the health educational materials under the “StartSmart@school.hk Campaign” of the Department of Health. The first two storybooks entitled “The Adventures of Teddy” and “Power Up, Katy!” were published previously.

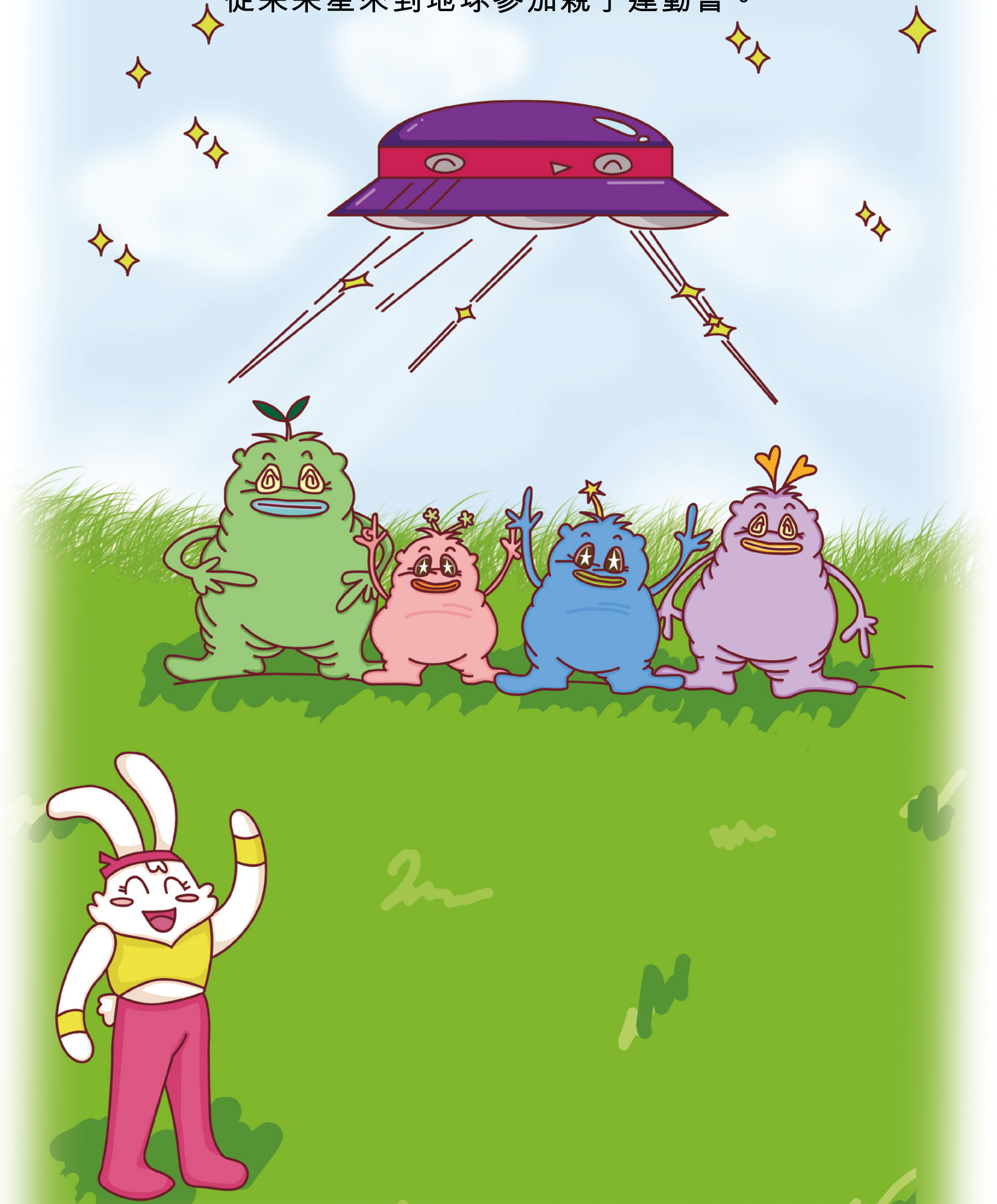
Katy, Teddy’s sister, started her amazing adventure on Earth in the previous storybook “Power Up, Katy!”. This time, their whole family receives an invitation from “Sporty Bunny”, the mascot of the Department of Health, and decides to visit the Earth and take part in the Parent-Child Sports Day altogether. Through the interesting adventure of Teddy’s family in the Parent-Child Sports Day, parents are encouraged to engage more in parent-child physical activities to enhance their parent-child relationship.

No matter where you are, indoors or outdoors, parents can organise and join parent-child physical activities and games (like hide-and-seek, animal movement imitation game and ball games, etc.) with their children.

Editor
December, 2015

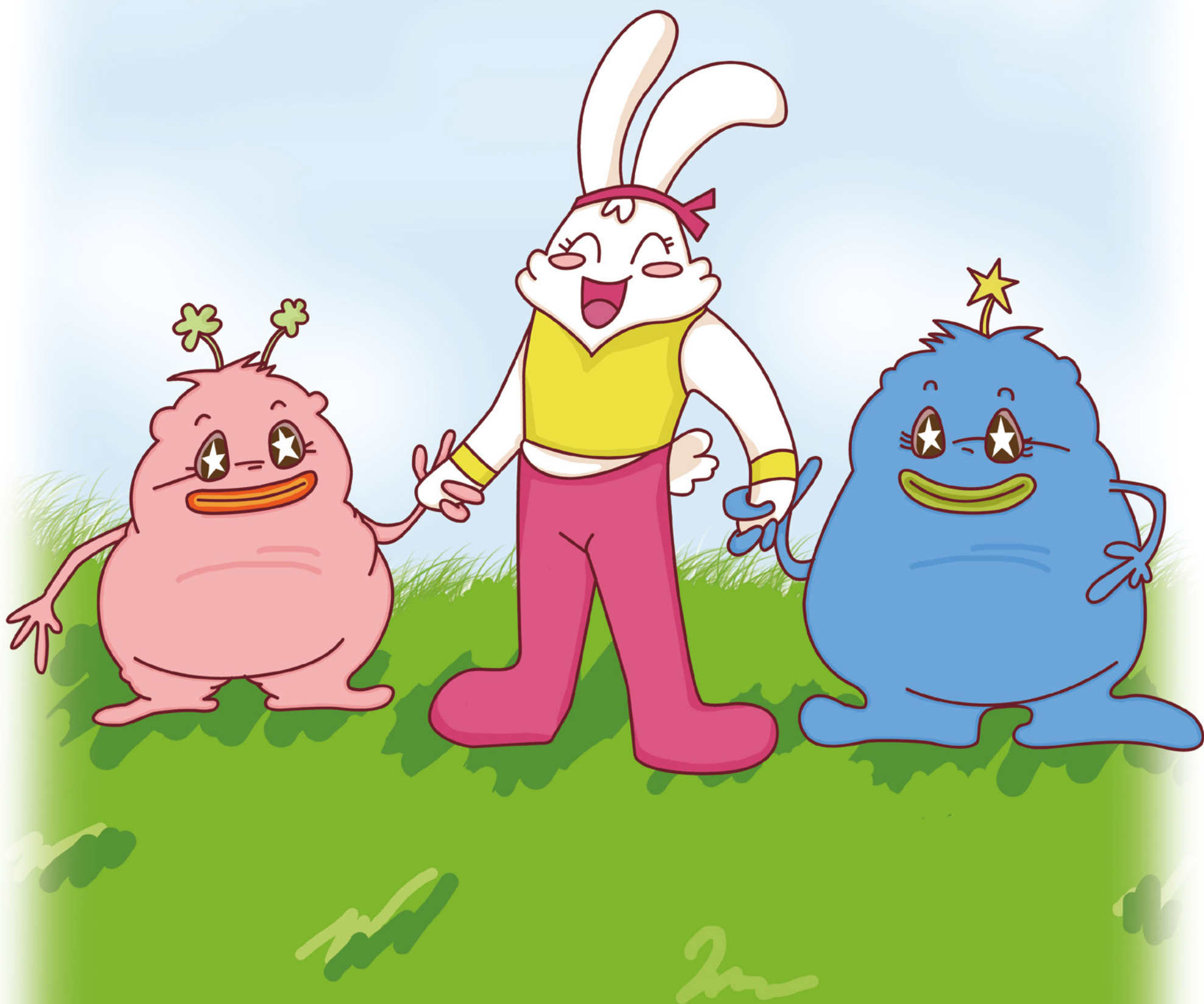


特特和奇奇應鍾意郁的邀請，和爸爸媽媽一起乘坐太空船，
從呆呆星來到地球參加親子運動會。



Teddy and Katy at Sporty Bunny's invitation, travel from Planet Inactive to the Earth to take part in the Parent-Child Sports Day with their parents on spaceship.

鍾意郁說：「多謝你們參加親子運動會，
我們又可以一起玩耍了。」



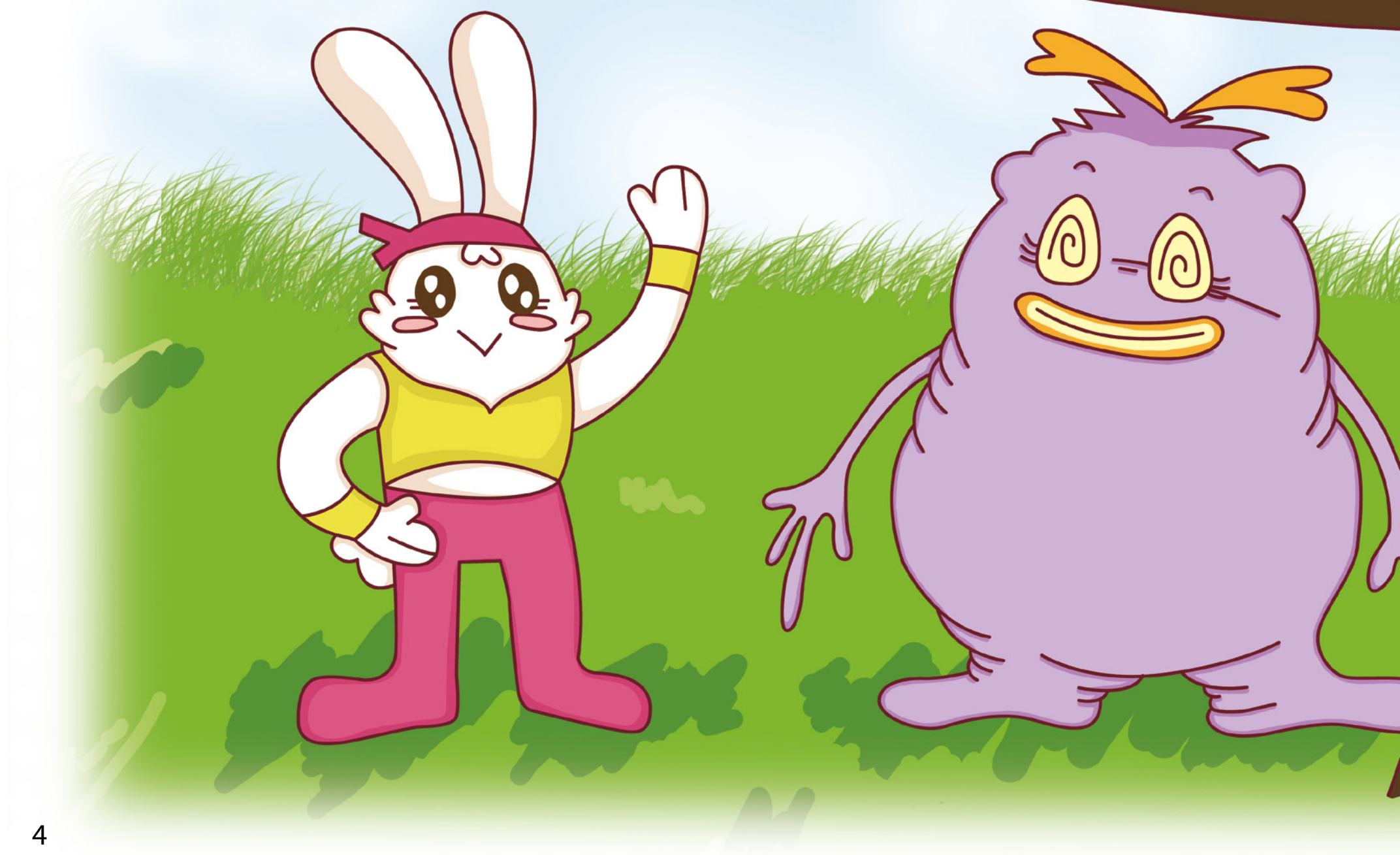
Sporty Bunny says, "Thank you so much for joining
the Parent-Child Sports Day. We can play together again."

鍾意郁說：「親子運動會快開始了，我們一起熱身吧！」
特特和奇奇齊聲回答說：「好呀！」

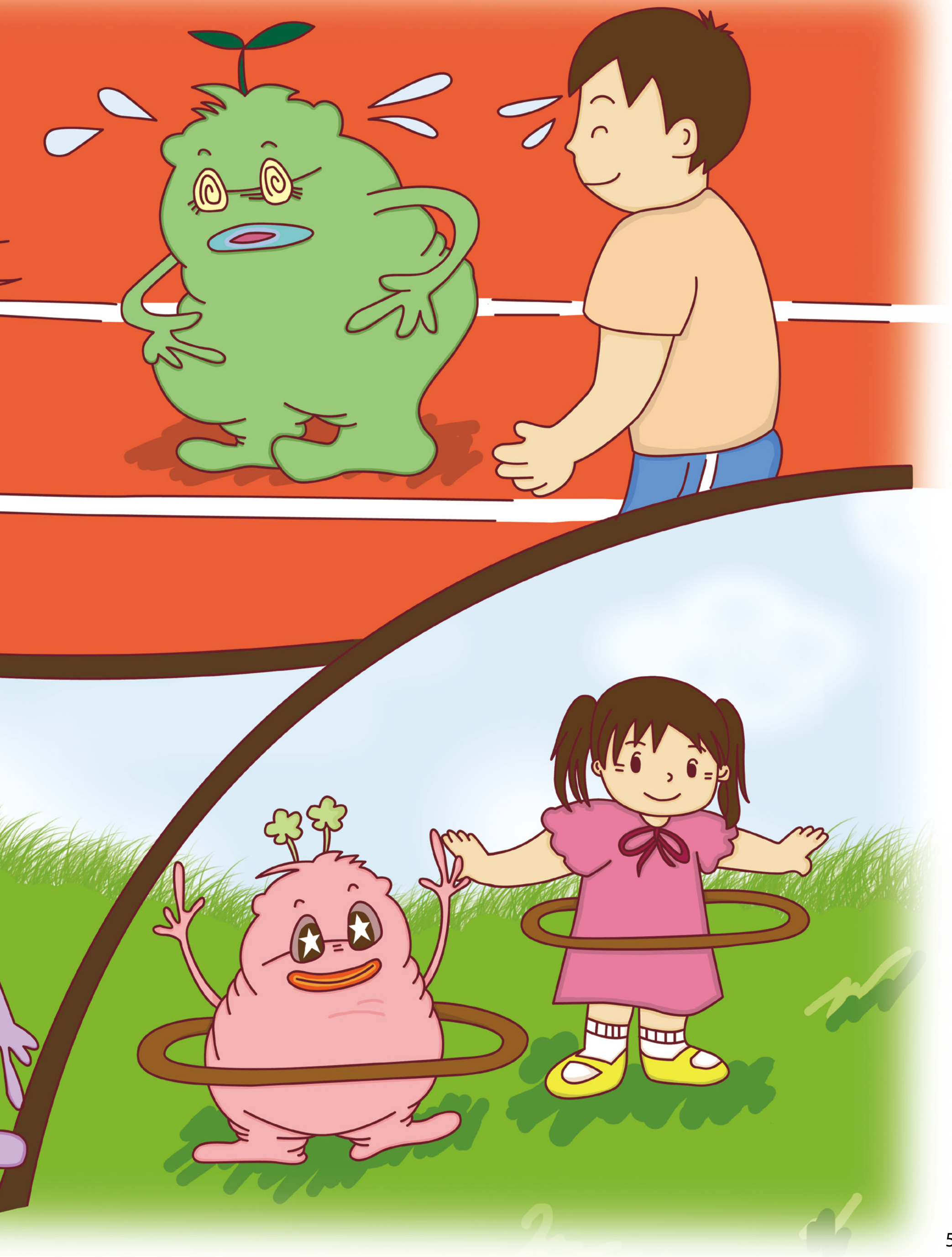


Sporty Bunny says, "The Parent-Child Sports Day
will start very soon. Let's warm up together!"
Teddy and Katy reply in chorus, "Great!"

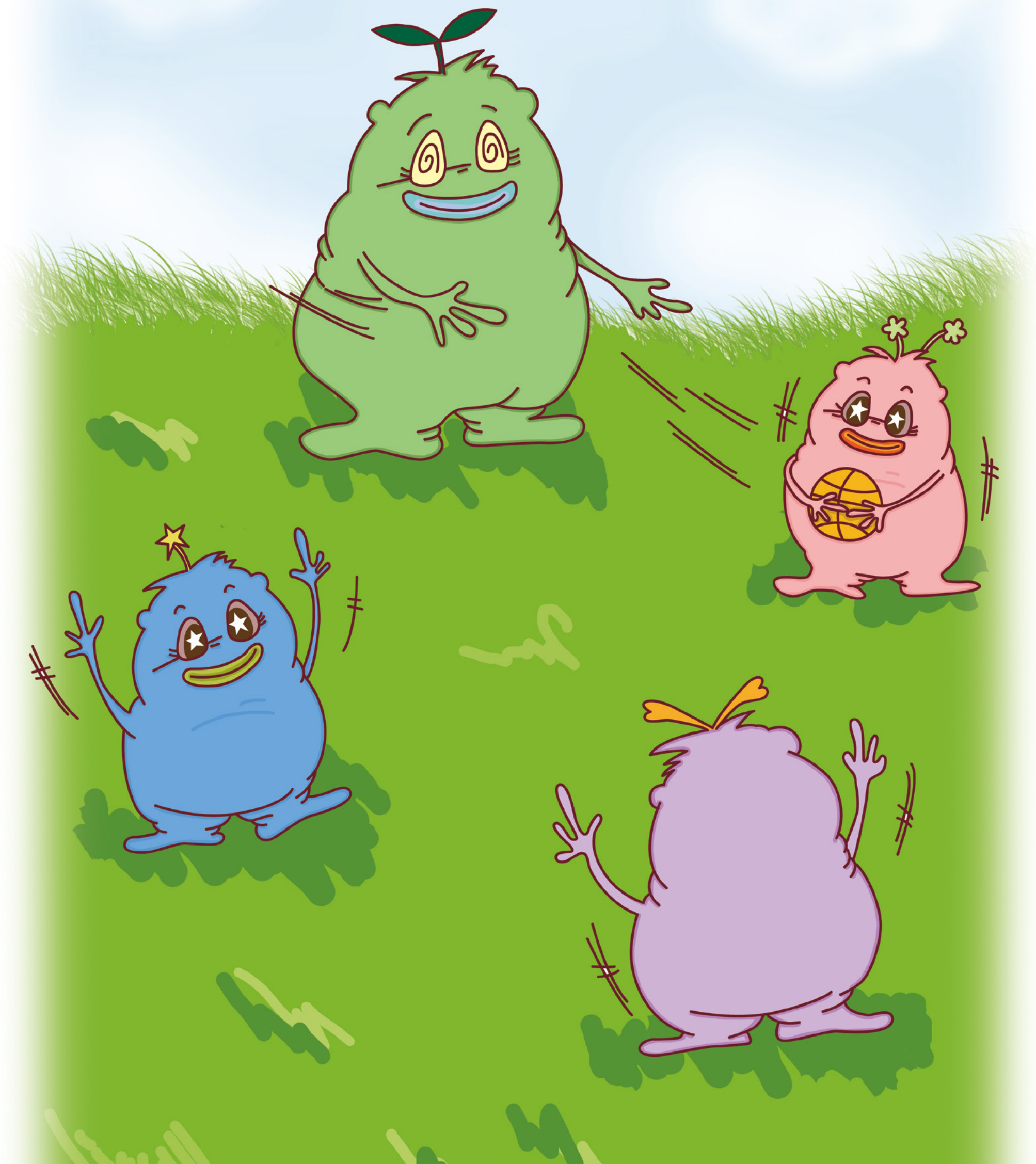
親子運動會中，特特一家參加了親子接力跑步，呼拉圈比賽等。



In the Parent-Child Sports Day, Teddy's family participates in Parent-Child relay, hula hoop competition and so on.

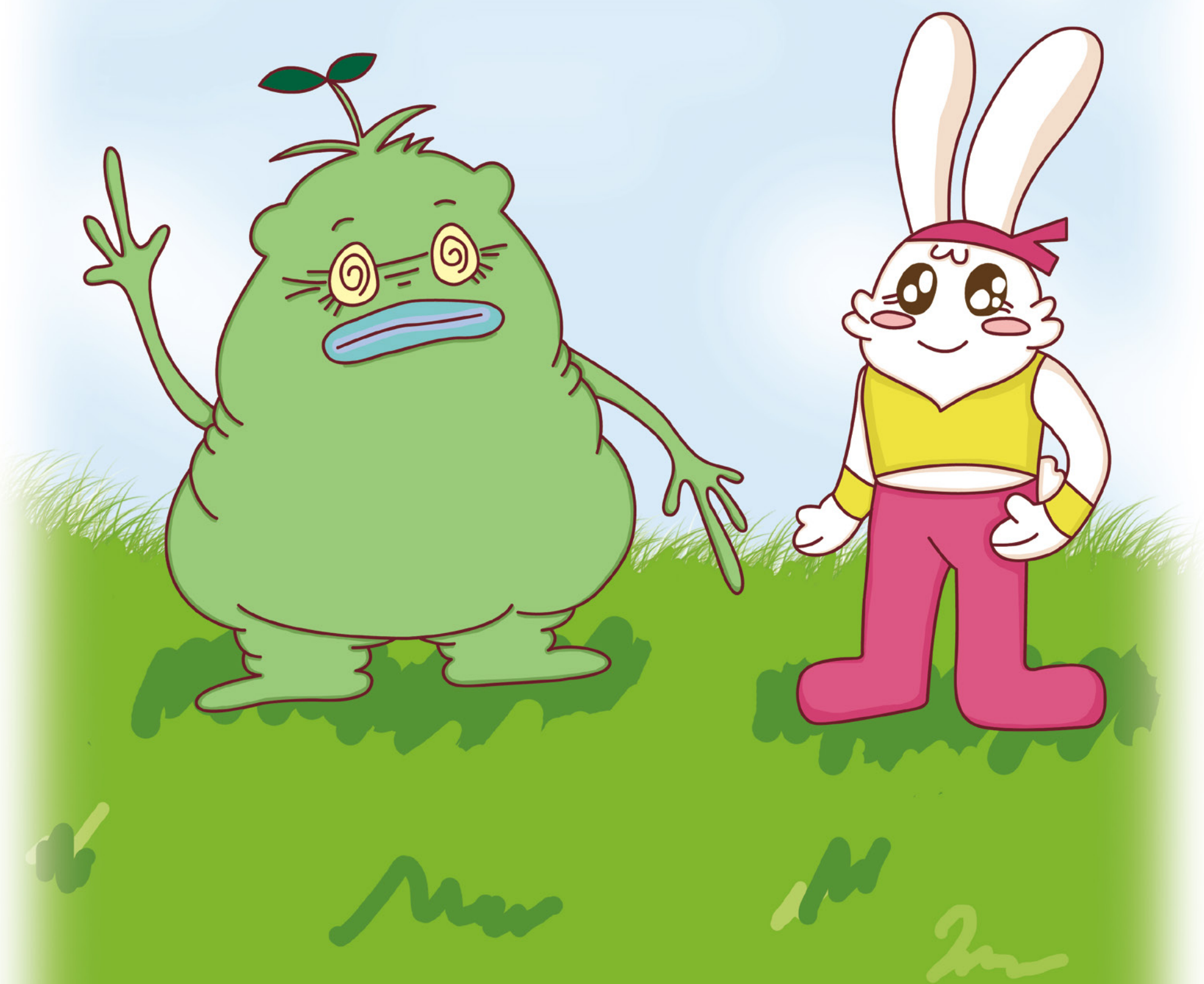


特特和奇奇笑着說：「只要能與爸爸媽媽在一起，
無論是做體能活動或遊戲，我們都會很高興的呢！」



Teddy and Katy laugh and say, "No matter whether we do physical activities or play games, we both feel very happy as long as our parents are with us!"

特特和奇奇的父母向鍾意郁請 說：
「我們也很愛跟孩子享受一起活動的樂趣，
請你為我們介紹一下不同的親子體能活動和遊戲例子吧！」



Teddy and Katy's parent ask Sporty Bunny, "We enjoy very much in doing activities with our children. Please show us more examples of different parent-child physical activities and games."

鍾意郁回答說：「戶外的親子體能活動，
包括到公園玩球類遊戲、捉迷藏、游泳、踏單車等。」

Sporty Bunny answers, "Parent-child outdoor activities include playing ball games and hide-and-seek at park, swimming, cycling and so on."



捉迷藏
Hide-and-seek

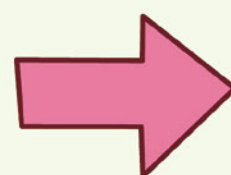
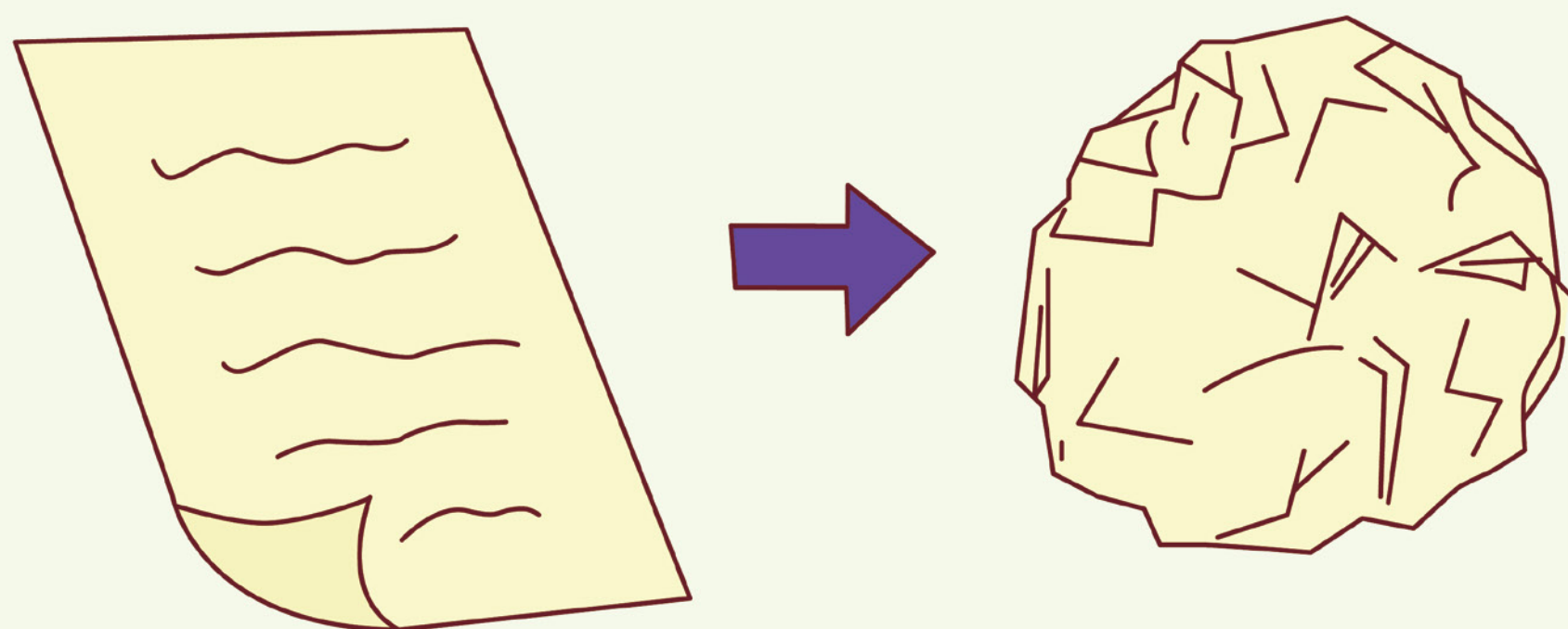


球類遊戲
Ball games

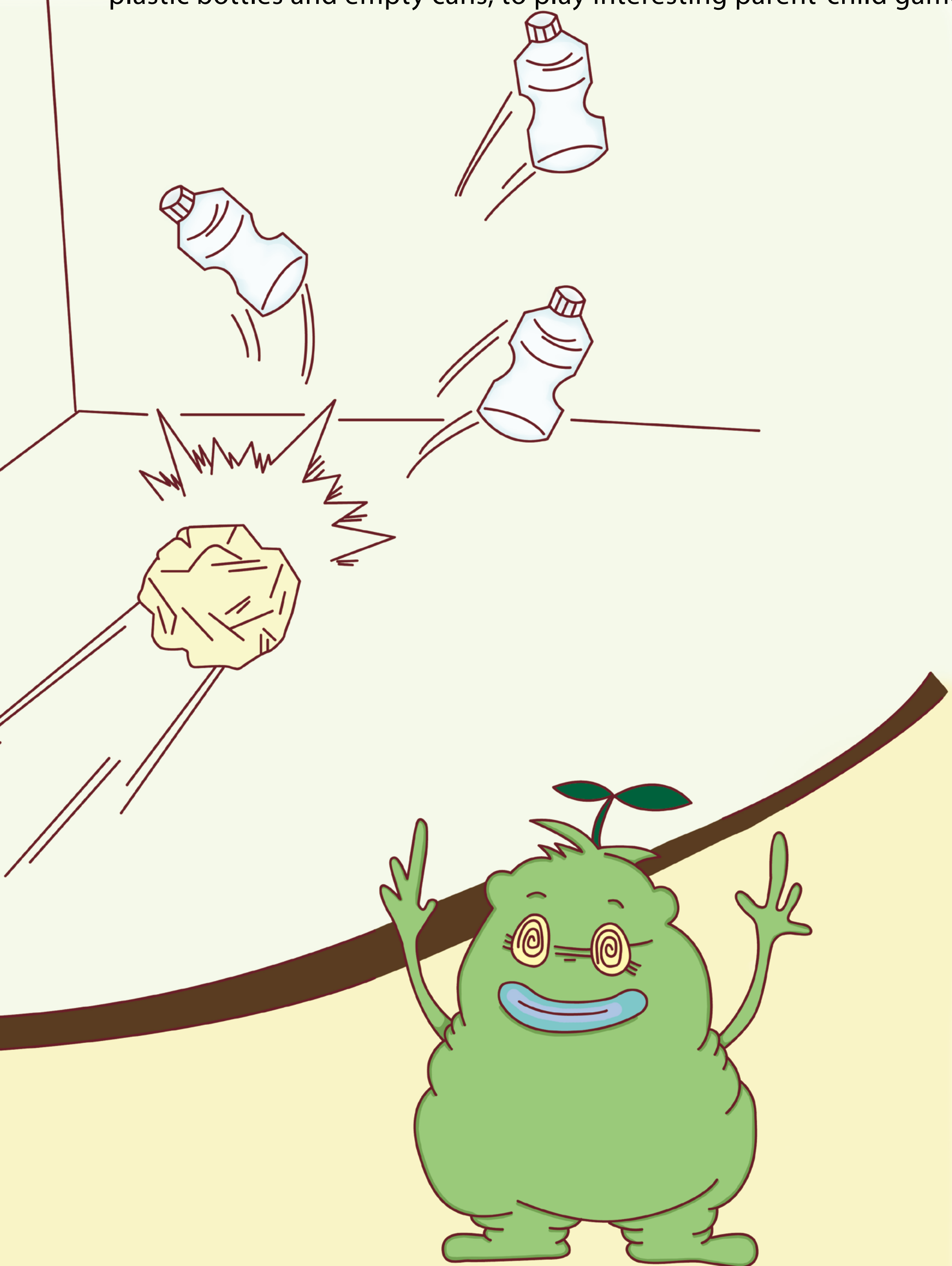


游泳
Swimming

鍾意郁說：「除了戶外活動，我們也可以在家中利用一些簡單的物件，例如用廢紙摺成的紙球、空膠樽或空罐等進行有趣的親子遊戲。」



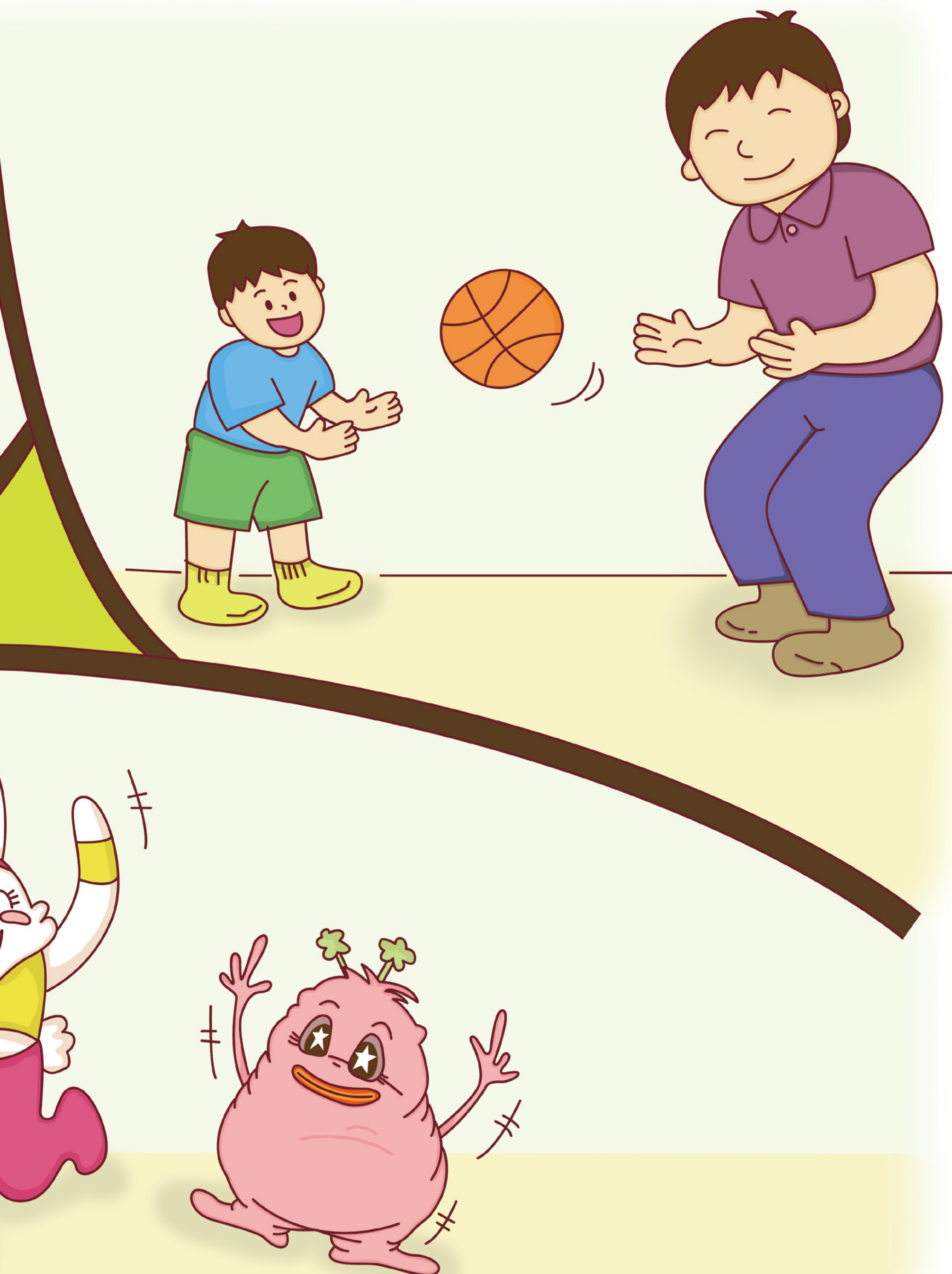
Sporty Bunny says, "Besides outdoor activities, we can also make good use of simple things at home, like paper balls made of waste papers, empty plastic bottles and empty cans, to play interesting parent-child games."



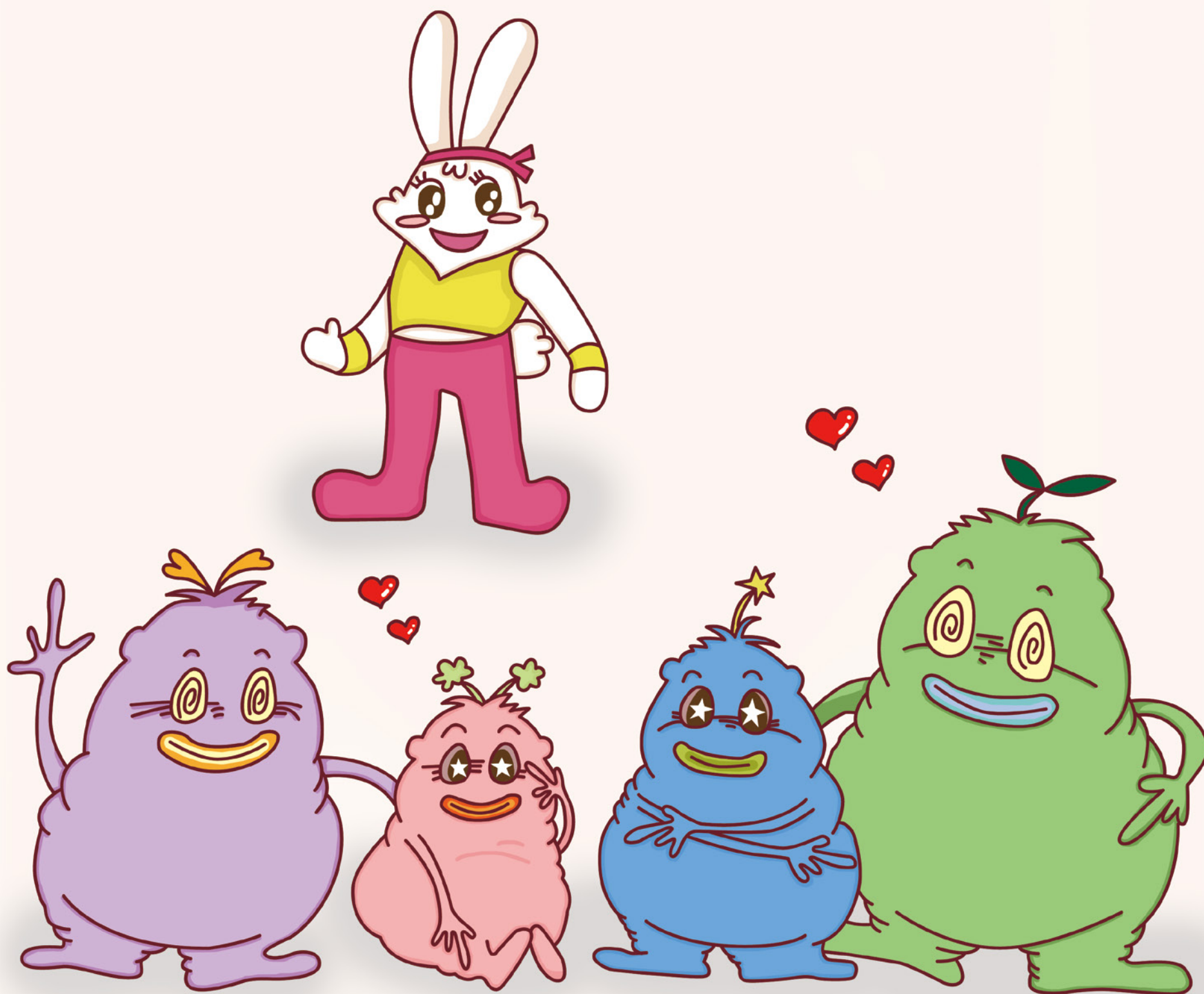
鍾意郁繼續說：「另外，我們也可以在家中玩親子遊戲，
如坐搖搖板，親子傳球、跳舞等。」



Sporty Bunny continues, “Moreover, we can play parent-child games at home, like playing seesaw, parent-child ball passing, dancing and so on.”



鍾意郁說：「親子體能活動和遊戲不但可促進幼兒的體能發展，還可以增進親子關係呢！」



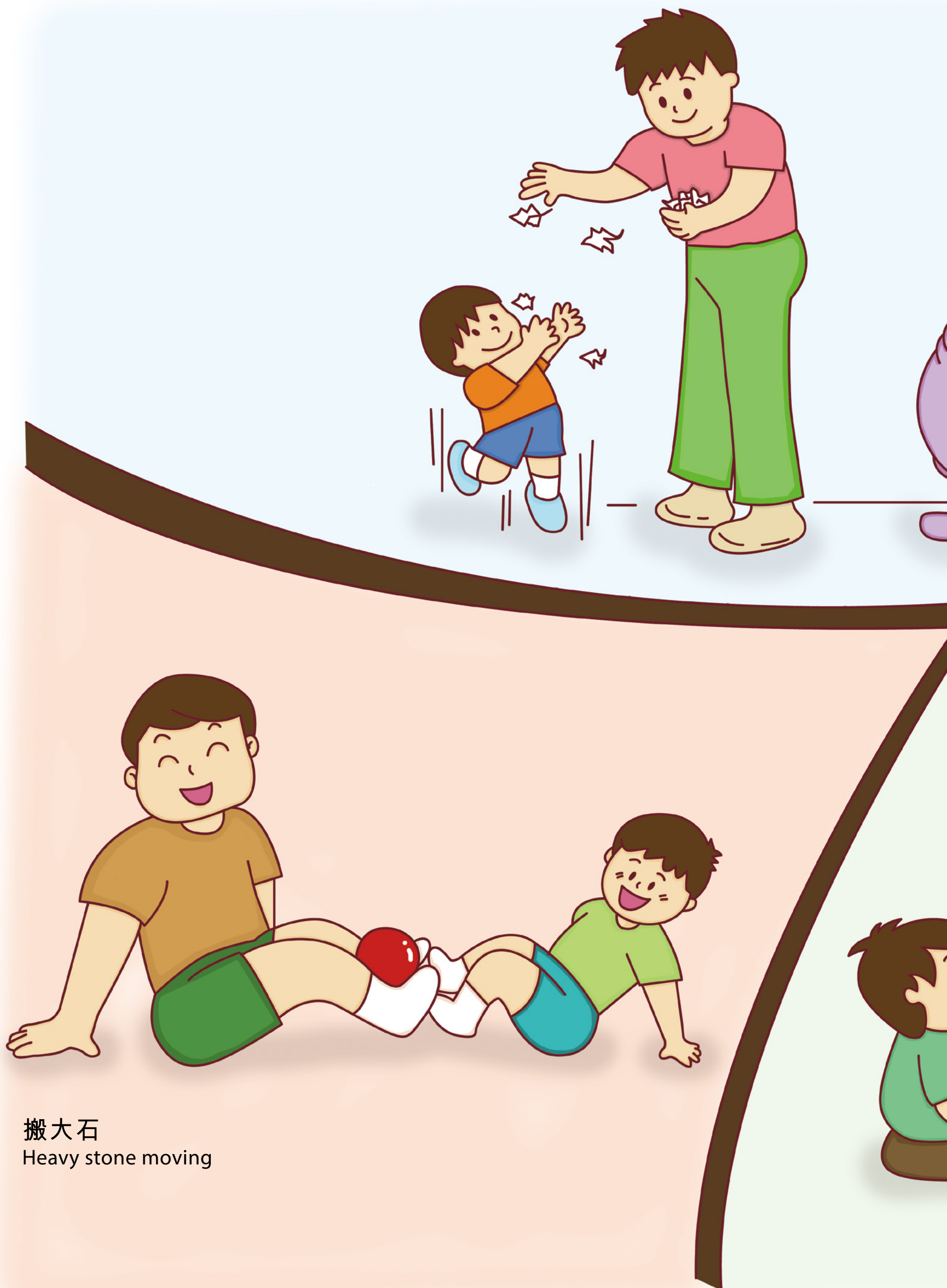
Sporty Bunny says, "Parent-child physical activities and games do not only enhance children's physical development, but also improve parent-child relationship!"

鍾意郁說：「不如我們介紹不同的親子體能活動和遊戲
給其他小朋友，讓他們和爸爸媽媽一起玩吧！」
特特一家說：「好啊！」



Sporty Bunny says, "How about introducing different parent-child physical activities and games to other kids for them to enjoy with their parents?"
Teddy's Family says, "Awesome!"

這些都是有趣的親子體能活動和遊戲。
小朋友們，你們還可以想到什麼體能活動呢？

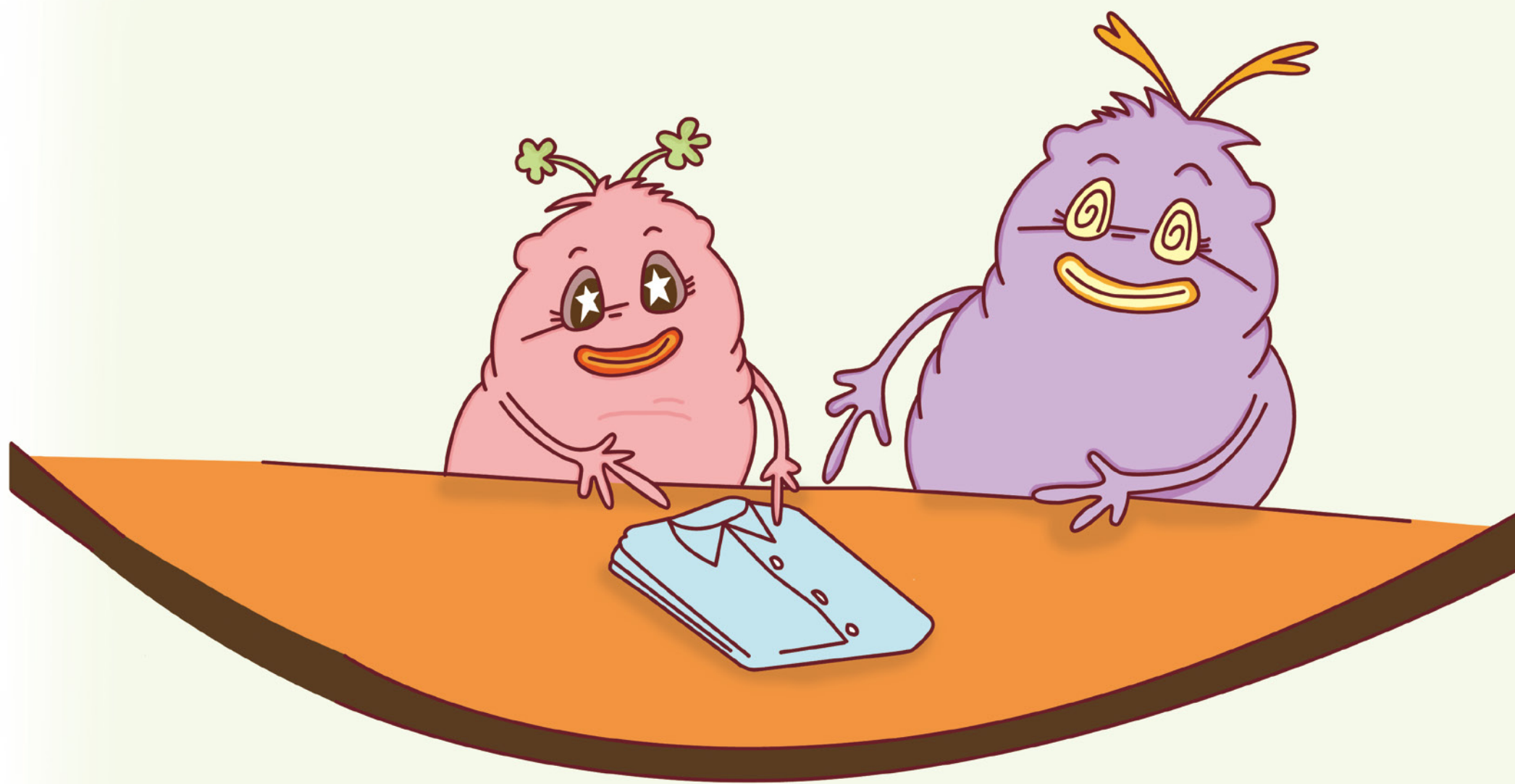


搬大石
Heavy stone moving

All these are interesting parent-child physical activities and games.
Kids, can you think of any others?



鍾意郁說：「除了親子體能遊戲外，
父母還可以和孩子一起做簡單家務。」



Sporty Bunny says, "Besides parent-child physical games, parents can do simple housework with their children too."



鍾意郁歡送特特一家說：「希望你們健康快樂地生活，
有空便再來探訪我吧！」



Sporty Bunny gives Teddy's family a warm send-off and says, "I wish you all a healthy and happy life. Come and visit me again when you are free!"

後記

多做親子體能活動有助幼兒的身心健康成長，並促進親子關係。以下是一些親子體能活動例子：

- 戶外活動，例如：親子接力跑步、親子傳球、球類遊戲、捉迷藏、游泳、踏單車等
- 善用家中的簡單器具進行親子遊戲，例如：以廢紙摺成的紙球擲向空膠樽和空罐等
- 以親子形式做簡單家務，例如：摺衣服和抹檯等

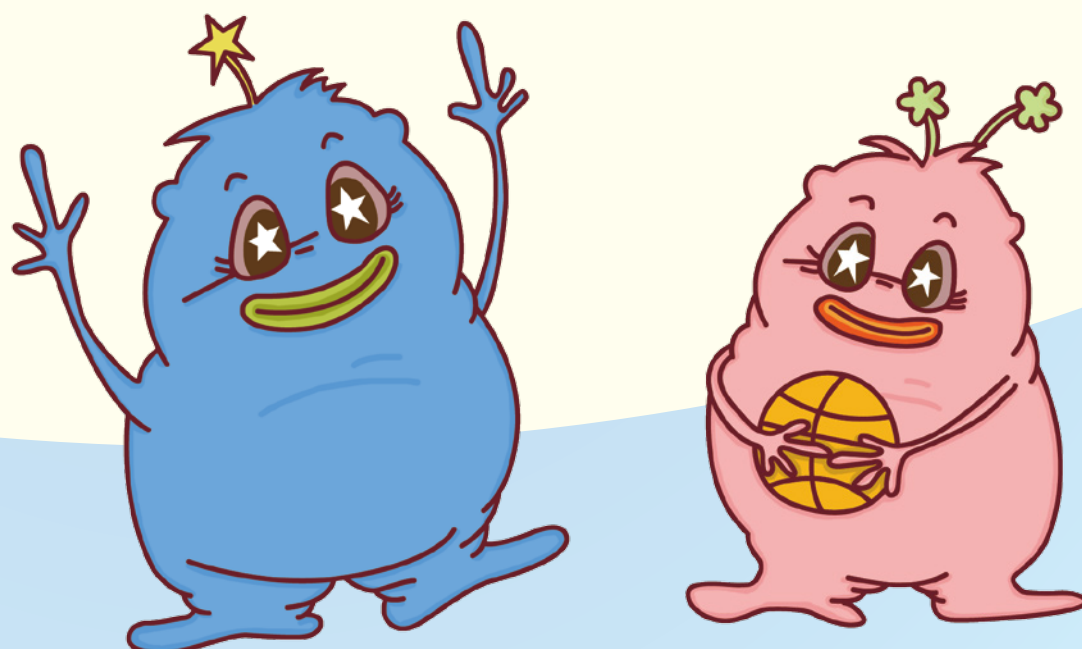
衛生署「幼營喜動校園」計劃專題網頁 (<http://www.startsmart.gov.hk>) 已上載相關健康 育資源，供家長和老師參考。

Epilogue

Increased engagement in parent-child physical activities does not only enhance children's physical and mental growth, but also improve parent-child relationship. Below are some examples of parent-child physical activities:

- Outdoor activities, such as parent-child relay, parent-child ball passing, ball games, hide-and-seek, swimming and cycling, etc.
- Making good use of simple things at home to play parent-child games, such as throwing a paper ball towards empty plastic bottles and empty cans, etc.
- Engaging in simple parent-child housework, such as folding clothes and wiping tables, etc.

You are welcome to browse the thematic website of our StartSmart@school.hk Campaign (<http://www.startsmart.gov.hk>) for relevant health educational resources.





StartSmart@school.hk



衛生署
Department of Health