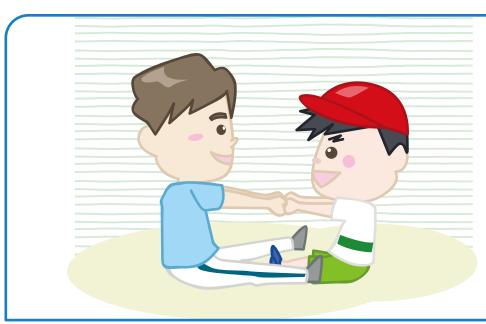


遊戲包標 Game Objectives

訓練孩子的腰力和下肢肌肉。

To train the lumbar and lower limb muscles of children.

遊戲玩法 Game Rules



- 爸媽與孩子面對面坐在地上(床褥或墊子亦可)。
 - Parents sit face to face with their children on the floor (mattress or mat is also acceptable).
- **2** 爸媽把雙腳分開,讓孩子的雙腳放在 自己雙腳中間。
 - Parents spread their legs and let their children place their legs in between parents' legs.



增加彼此的距離。

4 跟著節拍,分別向前和向後拉,達致更好伸展效果。 Both parties follow a rhythm to stretch forward and backward in order to attain a better stretching result.

Increase the distance between both parties.