



### 遊戲 3 Game 3

## 平衡寶寶 Balance Baby

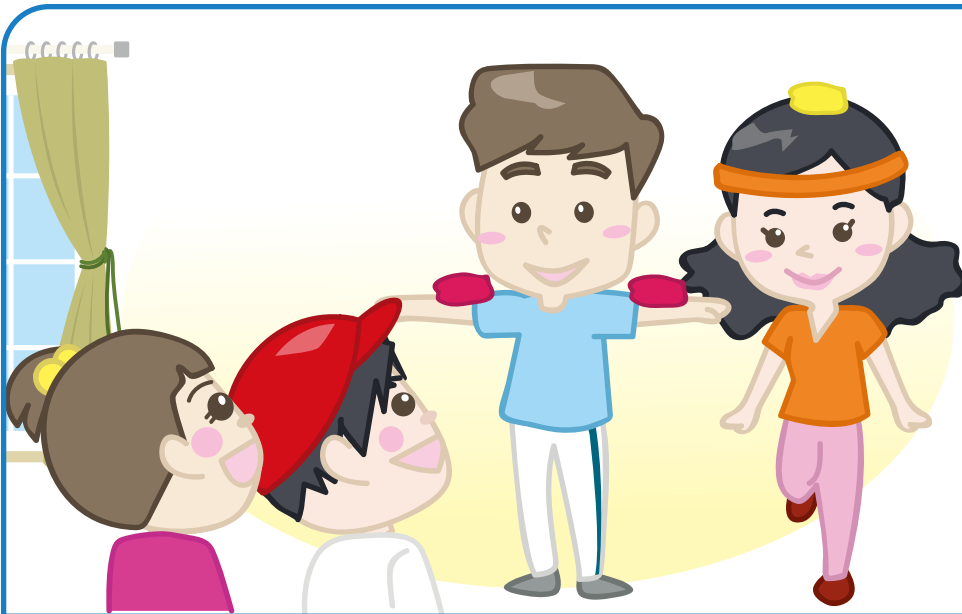
### 所需物資 Materials Required

體積細小，軟質地的物件，如豆袋、毛巾等  
Small and soft objects, e.g. bean-bag and towel.

### 遊戲目標 Game Objectives

1. 訓練孩子的平衡力。  
1. To train the body balance of children.
2. 訓練孩子的肢體協調能力。  
2. To train the limb coordination of children.

### 遊戲玩法 Game Rules



- 1 爸媽與孩子一同把小物件放在身體各部位，例如頭頂、手肘、腳等。  
Let parents and their children place small objects over different body parts, e.g. head, elbow and foot.
- 2 示範各種平衡的動作，例如舉手、單腳站立等，讓身體上的物件不會掉落。  
Demonstrate different balancing movements, e.g. raising arms and standing with one leg, which prevent the objects on the body from falling down.

- 3 幫助孩子做各種平衡動作，隨時準備攙扶孩子，慎防他們跌倒。  
Help children pose different balancing movements and support them with hands in order to prevent them from falling down.



- 4 如孩子已掌握平衡動作，可嘗試讓孩子頂著物件走直線的路徑。  
If the children have already mastered the balancing movements, parents can try to let them walk along a straight line while carrying a soft object on their heads.



### 遊戲變化 Game Alternatives

1. 同時放多於一件物件於孩子的身體上而不會掉在地上。  
1. Simultaneously place more than one object over the children's bodies. Children are required not to drop anything down.
2. 讓孩子頂著物件走一段迂迴的路徑。  
2. Let children walk along winding trails while carrying an object on their heads.

