



遊戲 5
Game 5

收衣服

Collecting Clothes

所需物資

Materials Required

衣夾、襪子、繩子
Clothespins, socks and a clothesline.

遊戲目標 Game Objectives

訓練孩子的跳躍和伸展能力。

To train the jumping and stretching competencies of children.

遊戲玩法 Game Rules



- 1 爸媽把襪子夾在衣夾上，再用繩子把衣夾串起來（用晾衣架夾襪子也可以）。
Parents fasten the socks with the clothespins over the clothesline (using hangers for draping socks is also acceptable).
- 2 把繩子舉起，提升至孩子需要伸展甚至跳起才能觸碰的高度。
Raise the clothesline to a level that the children have to stretch or even jump for reaching.



- 3 讓孩子盡力伸展或跳起摘下襪子。
Let the children stretch or jump as much as possible to pick the socks.

遊戲變化

Game Alternatives

1. 提升衣夾或晾衣架的高度。
2. 使用更小的襪子或其他物件，增加難度。

1. Raise further the height of the clothespins or hangers.
2. Use smaller socks or other objects to increase the difficulty.

