



遊戲 7
Game 7

搖搖板

Seesaw



遊戲目標 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



- 1 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.

- 3 爸媽與孩子手牽手一起伸展。
Parents and the children hold their hands and stretch together.



- 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.



遊戲變化 Game Alternatives

增加彼此的距離。

Increase the distance between both parties.

