



遊戲 4 Game 4

家中尋寶

Treasure Hunting at Home



遊戲目標 Game Objectives

透過孩子搜索物件時的動作以達至全身訓練。

To attain whole body training through the searching movements of children.

遊戲玩法 Game Rules

- 1** 爸媽先把要找的物件藏在容易找到的地方 (小心廚房、廁所和家中其他地方的潛在危險)。
Parents first hide an object in an easily searchable place (beware of danger in kitchen, toilet or other places at home).



- 2** 讓孩子在家中隨意搜索，嘗試找回物件。
Allow the children to search freely at home so as to find the object out.



- 3** 有需要時協助孩子做搜索的動作，例如蹲下、爬高等。
When necessary, help the children perform movements for searching, such as squatting and climbing.



遊戲變化 Game Alternatives

- 4** 換轉角色，孩子藏物件讓爸媽尋找。
Change the roles, the children hide an object for their parents to find out.



1. 限時搜索，增加刺激感。
2. 把物件放在家中較隱蔽的地方。

1. Increase the game excitement by imposing a time limit.
2. Hide an object in a relatively more secluded corner at home.

