在你等待时可做的事情：动起来

当你不得不等待时，让孩子们有所参与。

模仿一下

像布娃娃一样摇动起来。然后像机器人一样动作僵硬。

玩耍时间

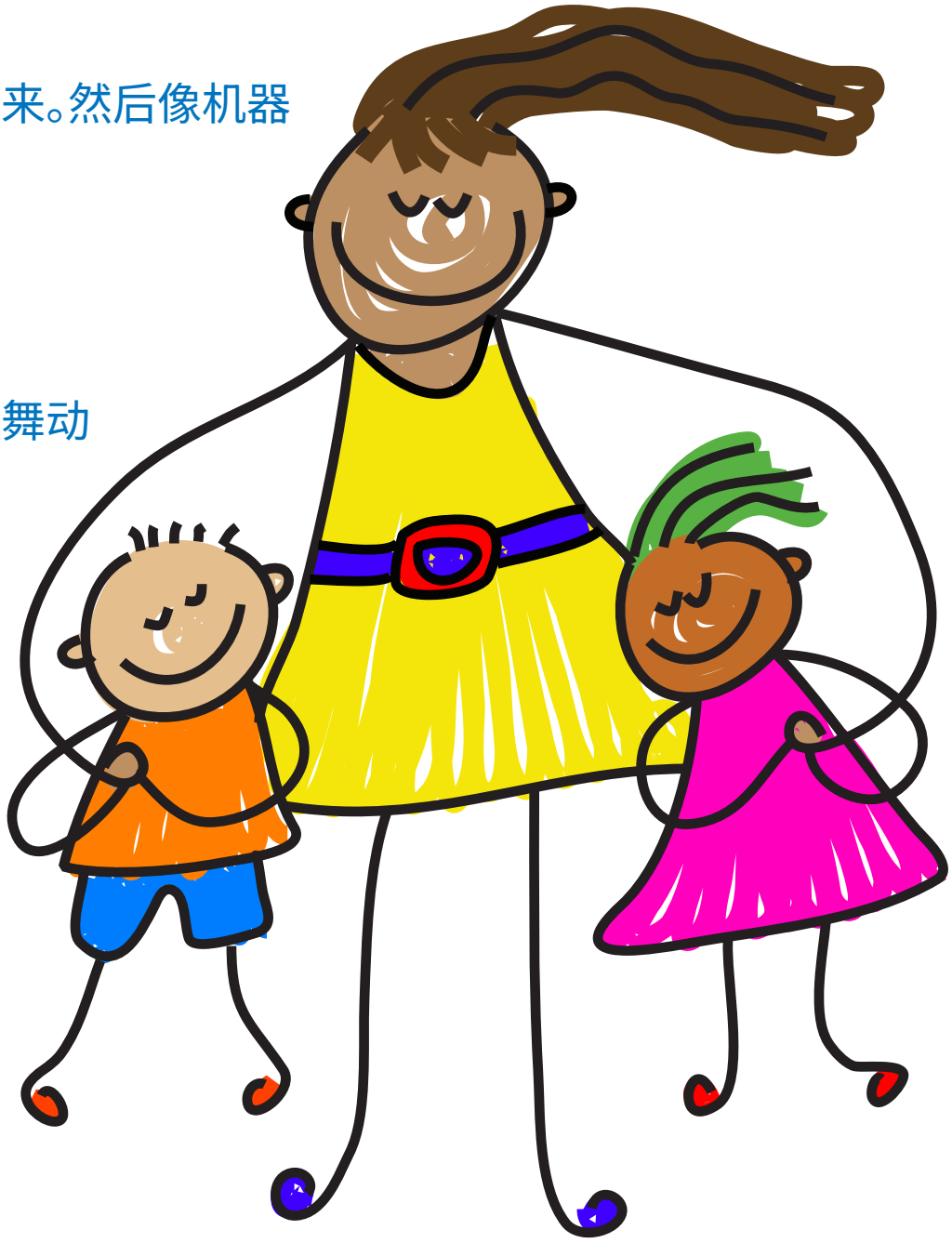
手指游戏、拍手游戏、舞动双手的歌曲。

挑战时间

创造挑战："站在一只脚上，等我数到10。"

拥抱起来

有时候拥抱是最好的身体活动。



English Title: Things to Do While You're Waiting: Get Physical

Any opinions, findings, conclusions, or recommendations expressed in this tip sheet are those of the author(s) and do not necessarily reflect the views of the Illinois Department of Early Childhood (IDEC).

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