

基督徒信望愛堂逸東幼稚園

幼班親子活動遊戲紙

姓名：\_\_\_\_\_ 班別：\_\_\_\_\_ 日期：\_\_\_\_\_

小肌肉訓練 (一)

Fine Motor Skill Training I

生活技能練習  
*Life skills exercises*

: 開合食物盒  
*Open and close snack box*

練習目標  
*Exercises target*

: 練習拇指、食指和手掌。  
*Practice your thumb, index finger and palm.*

練習方法  
*Practice method*

: 開~一手扶着盒身，另一手用掌心和手指去抓握盒蓋，揭開盒蓋。

*Open~ Hold the box with one hand, and use the palm and fingers of the other hand to grasp it, open the lid.*

合~一手扶着盒身，另一手用掌心按著盒蓋。

*Close~ Hold the body of the box with one hand, and press the lid with the palm and fingers of the other hand on the box.*



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家長回應

Parent's Response

自行完成  
*Done by yourself*

協助下完成  
*Completed with assistance*

未能完成  
*Failed to complete*

家長的話：  
*Message from parents*

