

十一月
NOV
2025

偕同 一物多玩

Haai⁴ Tung⁴ ONE TOY, LOTS OF FUN!

立方軟體積木
遊戲書
Soft Foam Cubes
Activity Guide



和孩子共度

愉快的遊戲時光!

Enjoy play time

with the children!

香港聖公會福利協會
HONG KONG SHENG KUNG HUI WELFARE COUNCIL

Kids 愛·孩子
學前單位社工服務
Kids in Love
Social Work Service for Pre-primary Institutions

社會福利署資助服務
Subsidised Service by the Social Welfare Department

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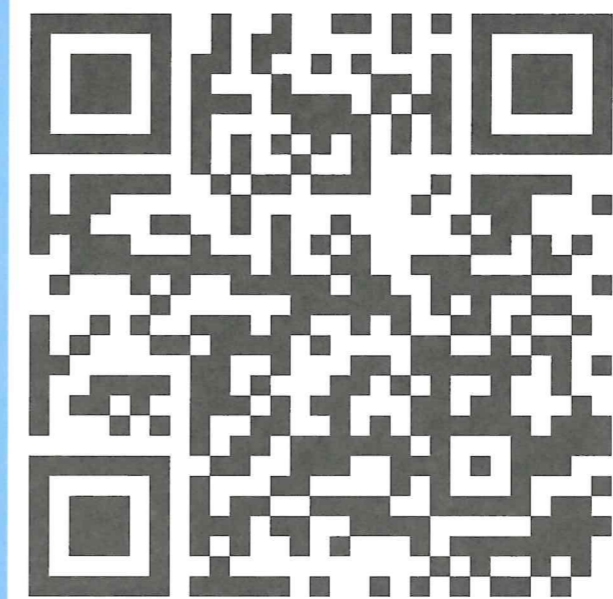


← 想取得《偕同》電子資源，讀者可以掃描二維碼瀏覽計劃網站，於「最新刊物」一欄下載。
如有查詢，請與貴校愛孩子計劃駐校社工聯絡。

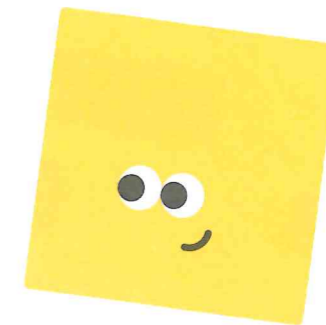
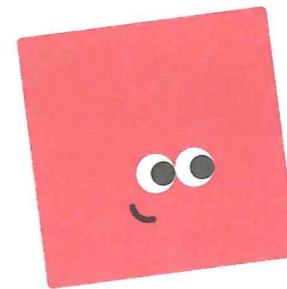
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Should you have any enquiries, please contact the school social worker.

請填寫問卷，謝謝！

Please complete the questionnaire, thank you!



See you next time!



8 創意遊戲

顏色接龍

Creative Game Relay Race!

玩法: 1. 為每回合設立一個主題，請孩子根據主題，說出越多他們認識的相關事物。

How to Play: The child takes turns naming as many items as possible that fit the theme for each round.

2. 當孩子熟悉玩法後，可以進階為「親子輪流講」的形式：在一方說出一件事物後，將立方軟體積木拋給對方，邀請對方接著說。

Once the child is familiar with the rules, the game can become a parent-child relay. After naming an item that fits the theme, the child throws a soft foam cube to the other person, inviting them to name the next item.

3. 若有多人參與，可採用順時針或逆時針方向傳遞立方軟體積木，或隨機拋給一位參加者，讓遊戲更有趣味與挑戰性！

When playing with more people, a soft foam cube can be passed in a clockwise or anti-clockwise direction, or thrown randomly to any participant to increase interaction and fun!

如何決定每回合的主題？ How to Decide the Theme for Each Round?

1. 【類別】請孩子將立方軟體積木拋向以下的方格內，立方軟體積木落在哪一格，該格的類別就成為本回合的主題。Ask the child to toss a soft foam cube onto the category grid, then it becomes the theme for that round.

卡通人物 Cartoon Characters	交通工具 Vehicles	水果 Fruits
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2. 【顏色】請孩子隨機抽出一種立方軟體積木的顏色作為主題，並說出與該顏色相同的物品，可與人比拼，輪流說得較多者為勝。The child randomly draws a specific color to set the theme, and then take turns with the parent naming items that match that color.

1 平衡遊戲

Balance Games

遊戲一 Game 1

身體部位大挑戰

Body Parts Challenge



玩法 How to Play:

1. 孩子及家長可將立方軟體積木放在身體不同部位上，在指定距離範圍內運送，並保持立方軟體積木不掉下。

The child and parent can place soft foam cubes on different parts of the body and try to transport them over a certain distance without letting the cubes fall.

2. 家長可按孩子能力，調整遊戲難度，如增加運送立方軟體積木數量；或轉換不同的身體部位，如頭頂、手背、肩膀或用雙腳夾著立方軟體積木。

Parents can adjust the difficulty level of the game according to the child's ability by:

- increasing the number of soft foam cubes;
- switching between different body parts such as placing the soft foam cubes on the head, back of the hand, shoulders, or holding them between the feet.



遊戲二
Game 2

障礙比賽 Steeplechase

玩法: 1. 孩子與家長一起在家中擺放家居物品作障礙。

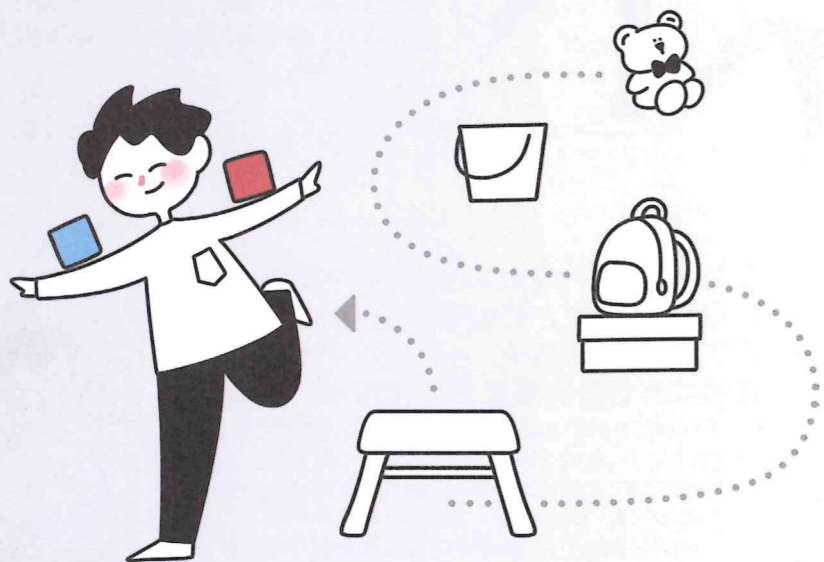
How to Play: The child and parent can set up household items as obstacles to create a steeplechase-style course at home.

2. 孩子需將立方軟體積木放在身體指定部位上，越過、繞過或通過障礙物，保持立方軟體積木不掉下。

The child needs to place soft foam cubes on specific body parts and move over, around, or through the obstacles while keeping the soft foam cubes from falling.

3. 在熟習遊戲後，可增設「指定完成時間」作為該回合的目標，以增添刺激感。

After becoming familiar with the game, a "set completion time" can be added as the goal for that round to make it more exciting.



玩法: 1. 孩子隨機拿起其中一個立方軟體積木，並說出該立方軟體積木的顏色。

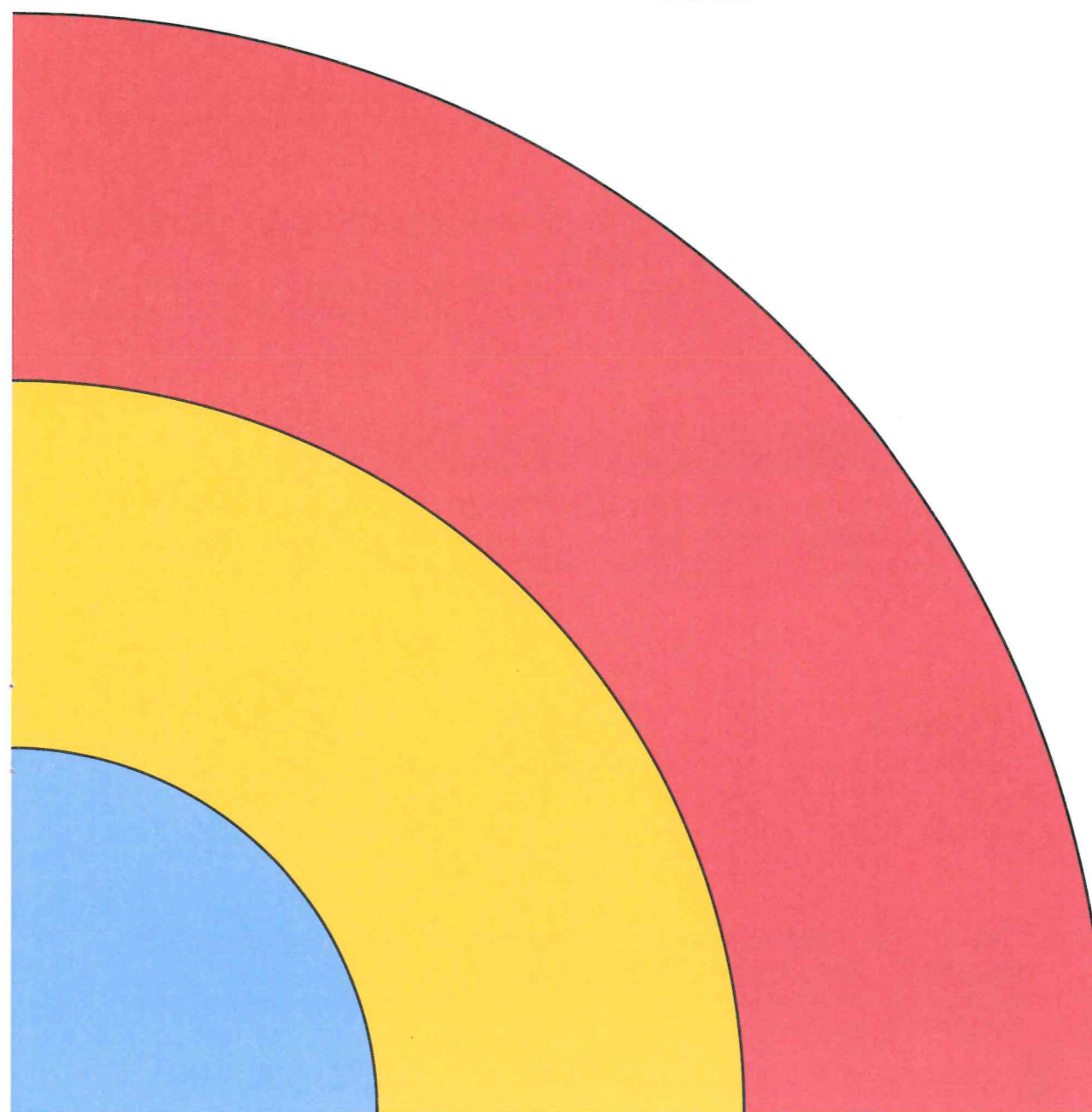
How to Play: The child randomly picks up one of the soft foam cubes and correctly names its color.

2. 家長向孩子展示「彩虹圖」。

The parent shows the "rainbow chart" to the child.

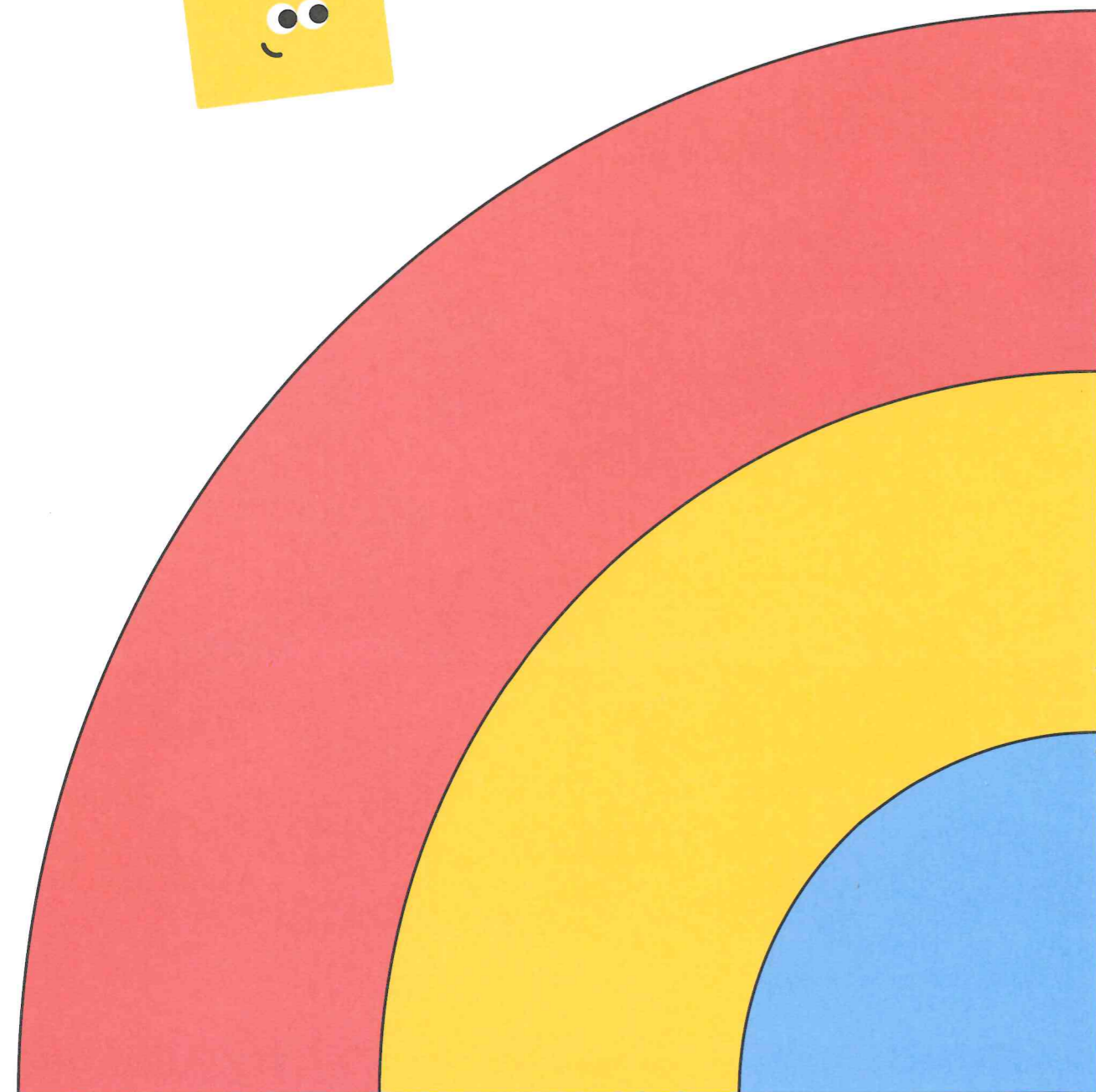
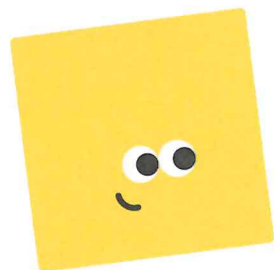
3. 孩子需瞄準將手中的立方軟體積木投擲到與立方軟體積木顏色相對應的彩虹區域內。

The child targets and throws a soft foam cube into the rainbow area that corresponds to the color of the cube.



7 觀察遊戲 Observation Game

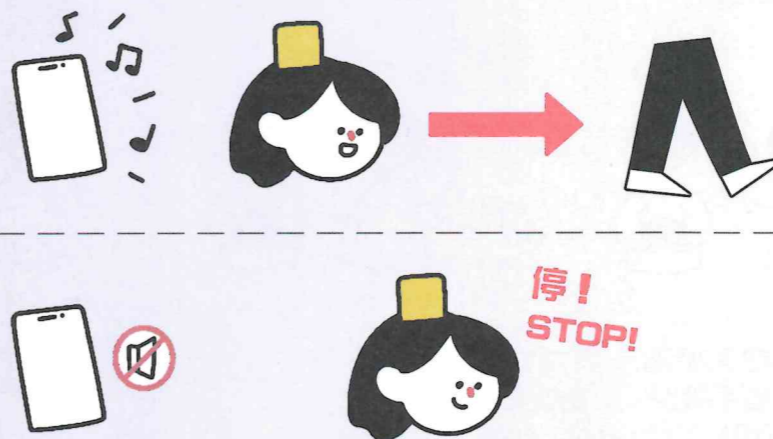
擲彩虹 Toss the Rainbow



遊戲三 Game 3

走走停停 Stop-and-go

- 玩法:** 1. 音樂開始時，孩子開始移動，向終點方向行走。
How to Play: When the music starts, the child begins to move toward the finish line.
2. 音樂停止時需原地靜止，同樣保持立方軟體積木不掉下。
 The child should freeze in position when the music stops, maintaining balance of the soft foam cubes.
 3. 如立方軟體積木掉下了，需回到起點重新開始。
 If a soft foam cube falls, the child needs to return to the starting point and begin again.
 4. 家長可提醒孩子遵守「音樂開始時靜動、音樂停止時靜止」的規則。
 Parents can remind the child to move only when the music starts and stops.



小提示 Tips

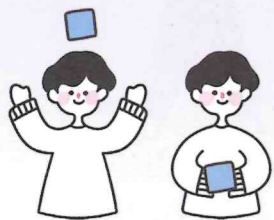
遊戲結束時，大家一同收拾立方軟體積木及障礙物，讓孩子學習將物資分類及整理遊戲場地。
 At the end of the game, everyone helps clean up the soft foam cubes and obstacles that the child can learn how to organize and tidy up the play area.

2 拋接遊戲 Toss and Catch

遊戲一 單人玩法 Game 1 Single Player

玩法 (程度由易至難)
How to Play (Easy to difficult level)

1. 雙手拋起一個立方軟體積木，雙手接回。
Toss a soft foam cube up and catch it with both hands.



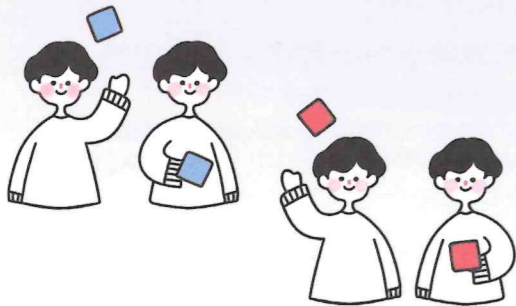
2. 單手拋起，雙手接回。
Toss a soft foam cube with one hand and catch it with both hands.



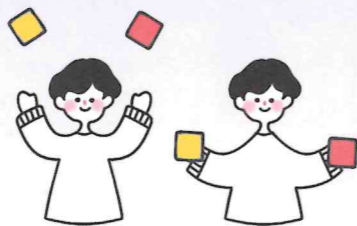
3. 拋高，拍手之後再接回立方軟體積木。
Toss the soft foam cube higher into the air and clap your hands before catching it.



4. 左手拋起一個立方軟體積木，右手接回，左右交替。
Toss a soft foam cube with your left hand and catch it with your right hand, alternating between left and right.



5. 左右手執各一個立方軟體積木，同時拋起立方軟體積木，同一隻手接回。
Hold one soft foam cube in each hand. Toss both cubes into the air at the same time and catch them with the same hand they were thrown from.



答案 Answer:
小熊A - 黃色媽媽 Bear A - Mother wearing YELLOW
小熊B - 紅色媽媽 Bear B - Mother wearing RED
小熊C - 藍色媽媽 Bear C - Mother wearing BLUE

找到媽媽後
放上相應顏色積木
Placed a colored
soft foam cube to
match the color of
his mother's
clothing



找到媽媽後
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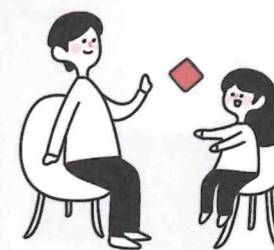


遊戲二 雙人玩法 Game 2 Two player

玩法(程度由易至難)
How to Play (Easy to difficult level)

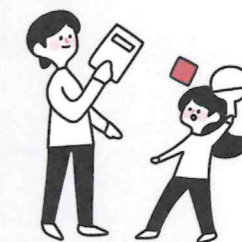
1. 家長和孩子相對而坐，家長拋出立方軟體積木，孩子以雙手接住或可**輪流拋接**，以及加上指令，例如：拋紅色，之後拋黃色；或要求以指定的手拋出立方軟體積木，例如：你用右手拋，我用左手接。

The parent and child sit facing each other. The parent tosses a soft foam cube towards the child, and the child catches it with both hands. Take turns tossing and catching, and add commands like: "Toss the red one, then the yellow one." The parent can instruct the child to perform the action using designated hand, like "You toss with your right hand, and I will catch with my left hand."



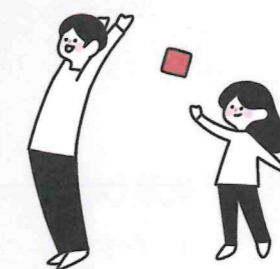
2. 家長和孩子相對而站，**運用工具**輔助拋接立方軟體積木，例如：球拍、書本、毛巾、紙碟、拖鞋等等，可按孩子能力選擇不同工具。

The parent and child stand facing each other. Depending on the child's ability, they can use different tools to toss and catch the soft foam cube, such as rackets, books, towels, paper plates or slippers.



3. 家長背對孩子，孩子站於距離家長背後一米的位置，家長將立方軟體積木向後拋，孩子需要接住立方軟體積木，並需說出立方軟體積木的顏色。

The parent stands with their back facing the child, who stands about one meter behind. The parent tosses a soft foam cube backward over their shoulder, and the child must catch it and name its color out loud at the same time.



家長可以先示範，再請孩子模仿。
Parents can demonstrate first, then let the child follow.
可加入分數計算和比拼元素，提升遊戲刺激感。
Scoring and competitive elements can also be added to enhance the excitement of the game.

3 反應遊戲 Speed Games

遊戲一 Game 1 找找樂 I spy

玩法(初階) How to Play (Level 1):

1. 孩子手持一款顏色的立方軟體積木。
The child holds a soft foam cube of a specific color.
2. 在活動場地內，孩子找出與手上立方軟體積木顏色一樣的物品，可用立方軟體積木碰一下物品以示找到。
In the activity area, the child searches for an item that matches the color of the soft foam cube they are holding. Once found, they can tap the item lightly with the cube to indicate it has been located.
3. 其後，孩子需說出物品的名稱。
Afterward, the child should identify and name the item they found.



玩法(進階) How to Play (Level 2):

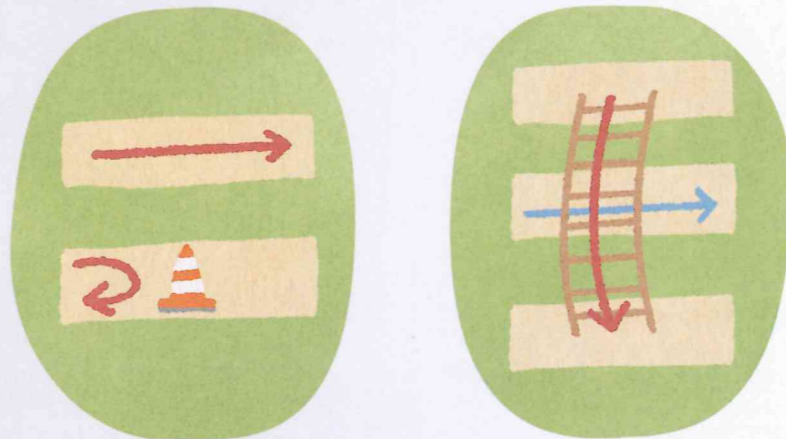
1. 在限時內，孩子尋找十件與手上立方軟體積木顏色一樣的物品。
Within a time limit, the child searches for ten items that match the color of the soft foam cube they are holding.
2. 家長負責核對是否正確。
Parents check to confirm whether the matches are correct.



6 解難遊戲 Problem-solving Game 迷宮大冒險 Maze Adventure

玩法: 1. 三隻小熊於迷宮中迷路了！他們的媽媽分別在迷宮的另一端等候他們，每位媽媽都穿著不同顏色的衣服。
How to Play: Three little bears are lost in a maze! On the other side their mothers — each wearing a different color — are waiting for them.

2. 請孩子幫助小熊們避開迷宮中的障礙物，找出正確的路線，順利走出迷宮，找到各自的媽媽。草坪上的道路可以通過。若道路上有橘色路錐的話則不能通過。小熊可以從梯子上爬過，亦可以通過梯子下方的道路。
Invite the child to help the three little bears find their ways through the maze and reunite with their mothers. The bears must avoid obstacles along the way. They can walk on grassy paths, but cannot pass through orange cones. If they encounter a ladder, they can climb over it or go under it to continue their journey.



3. 當孩子成功帶領小熊成功找到媽媽後，根據媽媽的衣服顏色，請孩子將對應顏色的立方軟體積木放在小熊旁邊格內，以示配對。
Once a bear successfully finds his/her mother, the child should place a colored soft foam cube in the square next to the bear to match the color of the mother's clothing.
4. 家長可在旁協助引導與確認答案。
Parents can assist by offering guidance and helping to verify whether the matches are correct.

初階 (Level 1)

(1)		(2)		(3)	
(4)		(5)		(6)	

進階 (Level 2)

(1)		(2)		(3)	
(4)		(5)		(6)	

遊戲二
Game 2

快手寶寶
Speedy kids

玩法(初階):
How to Play
(Level 1):

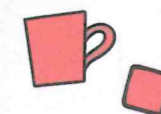
1. 孩子有3個不同顏色的立方軟體積木；家長需準備顏色對應的家居物品，數量至少三件。
The child has three soft foam cubes of different colors, and the parent prepares at least three household items that correspond to those colors.
2. 每個回合，家長只可舉起一件家居物品。根據以下兩個規則，孩子隨後舉起一個顏色的立方軟體積木。
In each round, the parent may raise only one household item, and the child may raise only one soft foam cube according to the following rules.

3. 【規則一：相同顏色】

例如：當家長舉起紅色的杯子時，孩子需要馬上舉起相同顏色之立方軟體積木示意，即舉起紅色立方軟體積木。

【Rule 1: Matching Color】

Example: If the parent holds up a red cup, the child must immediately raise the red soft foam cube to match the color.

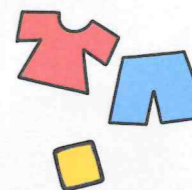


【規則二：不相關的顏色】

例如：當家長舉起印有紅色和藍色的衣服時，因只可以舉起一個立方軟體積木，因此，孩子需要馬上舉起不相關顏色之立方軟體積木示意，即舉起黃色立方軟體積木，既非紅色，也非藍色。

【Rule 2: Unrelated Color】

Example: If the parent holds up a piece of clothing that contains red and blue, the child must raise a soft foam cube of a color that is not shown — such as yellow since it is neither red nor blue.



玩法(進階):
How to Play
(Level 2):

1. 家長隨機朗讀以下名詞，不說出顏色。
The parent randomly reads out one of the following nouns, without mentioning its color.

紅色:	蕃茄、滅火筒、揮春、中國國旗、血液
Red:	Tomato / Fire extinguisher / Spring couplets / The flag of China / Blood
黃色:	星星、太陽花、蜜蜂、亞洲皮膚、推土機
Yellow:	Star / Sunflower / Bee / Asian skin / Bulldozer
藍色:	大海、天空、牛仔褲、藍莓、鯨魚
Blue:	Ocean / Sky / Jeans / Blueberry / Whale

2. 孩子需根據常識和自身經驗，舉起該名詞常見顏色所對應的立方軟體積木示意。

The child quickly raises the soft foam cube of the most commonly associated color.

遊戲三
Game 3

快速挑戰卡
Speed cards

玩法(初階):
How to Play
(Level 1):

1. 孩子有3款不同顏色的立方軟體積木。
The child has three soft foam cubes of different colors.
2. 按照圖畫卡上的顏色所示，把自己相應顏色的立方軟體積木順序疊起來或排成一列。
Based on the color order shown on a picture card, the child stacks or lines up their soft foam cubes in the same sequence.
3. 完成後，可舉手或拍手示意，家長協助核對。
Once completed, the child can raise their hand or clap their hands to indicate they are finished. Parents assist with checking the accuracy of the sequence.

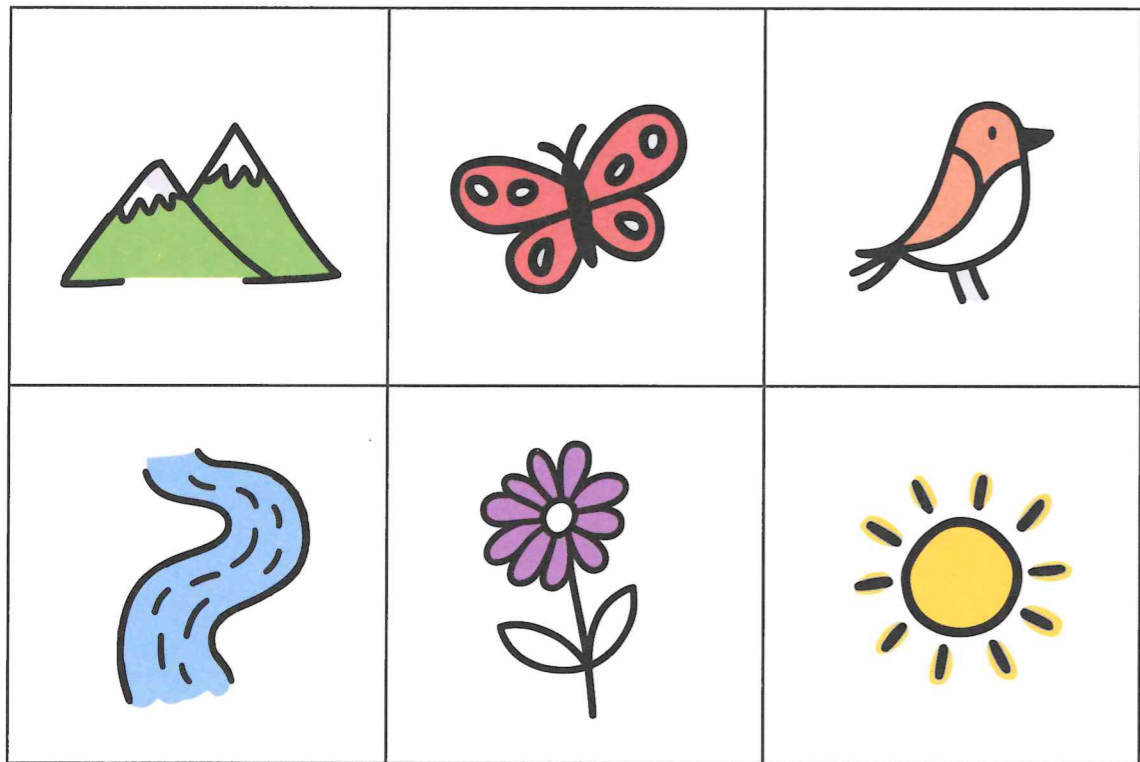
玩法(進階):
How to Play
(Level 2):

1. 與其他玩家一同比賽，各人各有3款不同顏色的立方軟體積木。
Each player has three soft foam cubes of different colors and competes with other players.
2. 所有玩家同時開始，按照圖畫卡上的顏色所示，把自己相應顏色的立方軟體積木順序疊起來或排成一列。
All players start at the same time. Based on the color order shown on a picture card, each player stacks or lines up their soft foam cubes in the same sequence.
3. 完成後，可舉手或拍手示意，最快完成又正確的玩家可以為勝出者。
Once completed, players raise their hand or clap their hands. The fastest player with the correct sequence wins.

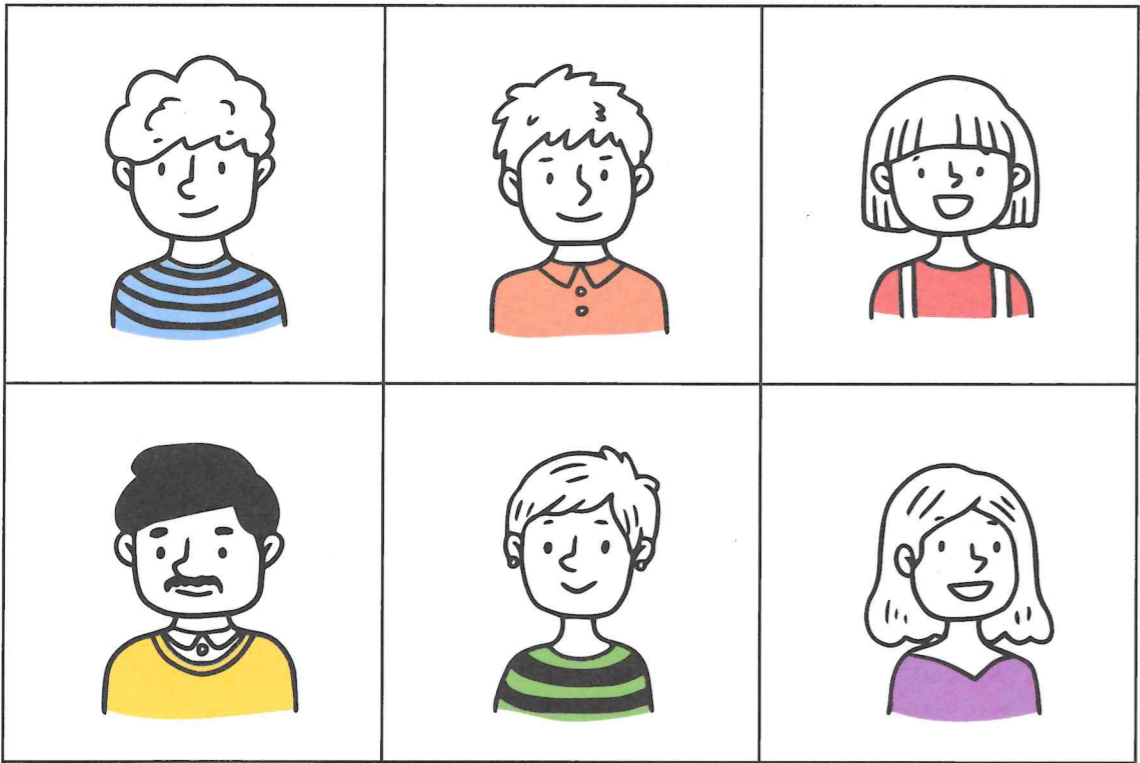
5 記憶遊戲
Memory Game
顏色小偵探
Color Detective

- 玩法:**
How to Play:
1. 家長每次向孩子展示一張九宮格上的立方軟體積木分佈圖(P.14)，讓孩子觀察若干秒後將圖遮蓋。
The parent shows the child a soft foam cube color distribution on a 3x3 grid(P.14) for a few seconds, then covers the page.
 2. 孩子需憑記憶，在下方的九宮格圖上，正確地放置對應顏色的立方軟體積木。
The child recreates the same pattern on a blank grid below using three colored soft foam cubes.
 3. 若孩子所放的立方軟體積木與位置都正確，可得分或勝出。
If the color and position of all soft foam cubes match the original pattern, the child wins the round or scores a point.

系列二：自然
Series 2: Nature



系列三：衣服
Series 3: Clothing



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4 配對遊戲

Matching Game

顏色對對碰

Match the color

- 玩法:** 1. 孩子需配對以下系列中的事物或物品及顏色，以正確顏色的立方軟體積木蓋在圖片格內。
How to Play: The child needs to match items from the following list with their corresponding colors, placing a soft foam cube of the correct color over the photo box of each item.
2. 家長協助核對。
 Parents assist with checking.

系列一：水果
 Series 1: Fruits

