

TIPS SHEET /CHINESE

No Playground, No Problem

没有操场？没问题！

TIPS:

- All children need 3 physical activity times each day to reduce problem behaviors, even if it is for 5 minutes.
- Use household object to create your own “gym” and “workout”
- Turn off phones and t.v. during “workout” playtimes
- Set an alarm to mark the beginning and end of “workout”playtime!
- Make picture charts to keep track of options and choices

贴士：

- 所有孩子需要每天三次的身体活动时间去减少行为的问题，至少五分钟
- 使用家里的物件来创造你自己的“健身房”和“锻炼”
- 在“锻炼”的游戏时间，请关闭手机和电视
- 在“锻炼”的游戏时间开始和结束都设置提醒
- 用图片来跟踪选项和选择