

将等候时间变成娱乐时间

让我们来面对这个事实：无论对孩子还是成年人来讲，等候是一件令人烦躁并无聊的事。任何人在这种情况下都不会有好心情。但是，有些方法通过将等候时间变成学习和加强亲情的机会，从而可以变枯燥为乐趣。

准备

在家庭生活中许多时候你不得不等候：在医生的诊所、在饭店、在超市收银处。乘私家车或者公交汽车旅行所用的时间是另外一种等候，当交通堵塞时尤其如此。你事先知道你的孩子在这种情况下将可能感到枯燥从而会坐立不安。如果等候时间过长的话，他们可能会开始不听话。但是如果你有所准备的话，你可以预防出现这种情况。你将会教给孩子用更好的方法来取得你的关注，而不是哭闹。你将随时和他们玩更好的游戏，而不是让他们无聊得开始淘气。

改变心情

几个简单的技巧可以改变心情。想一下什么可以帮你熬过枯燥的时刻。看点什么？听点什么？想点什么？虽然孩子好动，但这些办法对他们也起作用。大一点的孩子能够思考和讲话多一点，而小一点的孩子则会需要给他们更多的指导和你的参与。

除了有时需要纸和铅笔之外，以下建议多数不需要任何设备。你可以根据你的孩子的年龄和兴趣、以及你们等待的地点而相应地改一下。

歌曲 - 学一些歌词或者自编关于你们等候之后要做什么的歌词。如果你用熟悉的曲子自编新歌词，这些歌可以长久留在记忆中。唱歌时要伴随动作，以便让每个人都动起来。

文字游戏 - 玩词汇和记忆游戏。比如说，每个人轮流选一个字母然后说：“我去了宠物店买了个小动物，它名字的第一个字母是...”其他人必须说出正确的动物名。当你们说完动物后，试着改成食品杂货店和花店。大一点的孩子还可以用铅笔在纸垫上涂写来和你玩游戏。

思考类的游戏 - 周围看一下，指出两个相似的东西，比如说两棵树，然后说他们有什么相同和不同的地方。将饭店餐桌上的糖包摆开，再将一块硬币放在其中一个糖包下边来玩捉迷藏。通过问“古怪”的问题来引起你的孩子的注意：如果一个恐龙想坐过山车，结果会怎么样呢？

故事 - 为了打发时间，你可以讲一个传统故事或者当场自编一个。或者你们可以合作编一个故事：每个人讲几句话然后往下传。在医生诊所，在杂志上找一张图片，然后根据这张图片编一个故事。问你的孩子他们想去图片中的哪个地方。

聊天 - 利用等候时间多了解一下你的孩子。聊他们喜欢的东西。和他们一起为下一次生日聚会做个计划。

艺术 - 用手指互相在手或手背上画个图，然后猜对方画的是什么。看广告牌或者广告，然后讨论上面的广告语和颜色。

运动 - 如果你们等候的地方有空间活动并且你们有两个成年人，那么其中一个人可以守着排队，而另一个人则可以带着孩子做“跟着领导走”的游戏。如果孩子只能坐着，想办法至少活动一下孩子的手和胳膊，比如拍手游戏或者将吸管清洁丝拧成奇怪的形状。

道具 - 如果你知道你将会在某个地方排队等候，可带个袋子，里面装些东西，比如铅笔、蜡笔、纸张、玩具面团、小玩具车和书。不要忘了零食，零食永远是调节心情的好办法。你可以在一张小纸片上写上歌名、游戏名、或者聊天的话题，然后放在一个盒子里。将盒子放在车上，然后当你碰到交通堵塞的时候，让孩子将纸片取出来，然后再决定做什么。

下一次遇到非要排队等候时，借此机会放松一下，和你的孩子玩游戏。枯燥、不耐烦和气愤将使你感到等候时间更长，但是找点乐趣时间将过得飞快。

Betsy Mann编写

Change Waiting Time to Play Time

Let's face it, it's frustrating and boring to have to wait, both for children and for adults. It doesn't put anyone in a good mood. But there are ways to change boring to fun, by turning waiting time into a chance to learn and connect.

Prepare

There will be many times in family life when you have to wait: at the doctor's office, in a restaurant, at the check-out in the supermarket. The time spent travelling by car or bus is another kind of waiting, especially when traffic's bad. You know ahead of time that your children will likely get bored and restless in these situations. If the waiting lasts too long, they'll probably start to misbehave. When you're prepared, you can prevent problems. You'll give your children a better way to get your attention than whining. You'll be ready with a better game than "tease my brother and make him cry."

Change the mood

A few simple techniques can change the mood. Think about what helps *you* get through a boring time. Something to look at? To listen to? To think about? These will work for children too, though they will also like an opportunity to move. Older children can do more thinking and talking; younger children will need more direction and involvement from you.

Most of the following suggestions don't require any equipment, apart from sometimes pencil and paper. You can adapt them to the age and interests of your children and to the place where you're waiting.

Songs - Learn the words to some songs or make up your own about what you'll do when you've finished waiting. When you add verses to familiar songs, they can last a very long time. For instance, try "The ducks on the bus go quack, quack, quack." and see how many animals you go through. Sing songs with hand gestures to get everyone moving.

Word Games - Play vocabulary and memory games. For instance, each person takes a turn choosing a letter and saying "I went to the pet store and bought an animal whose name started with ..." The others have to find an animal that will fit. Try the grocery store and the florist's when you run out of animals. Older children can play "Hangman" or "Tic-Tac-Toe" with you on a paper placemat.

Thinking games - Look around you and find two similar objects, two trees, for instance, and talk about how they are the same and different. Play a game of hide and find by laying out sugar packets on the restaurant table and hiding a coin under one. Get your child's attention by asking "crazy" questions: What would happen if a dinosaur wanted to ride a roller coaster?

Stories - To pass the time, you can tell a traditional story or make one up on the spot. Or you can invent a cooperative story: each person tells a few sentences then passes it on. In a doctor's waiting room, choose a picture in a magazine and make up a story about it. Ask your children where they would like to visit in the picture.

Conversation - Take advantage of waiting times to learn more about your children. Talk about their favourite things. Plan their next birthday party with them.

Art - Draw pictures on each other's hand or back and guess what the other person drew. Look at billboards or advertising and talk about lines and colours.

Movement - If you are in a place where there is room to move and there are two adults, one person can hold the place in line and the other can take the children for a follow-the-leader walk. If the children must sit, look for ways to move at least their arms and hands, like clapping games or twisting pipe cleaners into odd shapes.

Props - If you know you're going to be stuck waiting someplace, pack a bag with some things like pencils, crayons, paper, play dough, little cars and books. Don't forget a small snack, always a good way to change the mood. You could write song titles, the names of games or conversation topics on little pieces of paper then put them in a box. Keep the box in the car and when you're in a traffic jam, ask children to draw a piece of paper out to decide what to do.

Next time you have to wait, take the opportunity to relax and play with your children. Boredom, impatience and anger will make your waiting time seem longer, but having fun can make time fly.

by Betsy Mann

For more "anywhere" games, see <http://pbskids.org/lions/parentsteachers/resources/anywhere>