

將等候時間變成娛樂時間

讓我們來面對這個事實：無論對小童還是成年人來講，等候是一件令人沮喪並枯燥的事。任何人在這種情況下都不會有好心情。但是，有些方法通過將等候時間變成學習和加強親情的機會，便可將枯燥變為樂趣。

準備

在家庭生活中有許多情況你一定要等候：在醫生的診所、在飯店、在超市收銀處。坐私家車或者巴士旅行所用的時間都是另一種等候，當堵車時更加是這樣。你預先知道你的孩子在這種情況下將可能感到好悶所以會不耐煩。倘若等候時間太長的話，他們可能會開始不聽話。但是倘若你有所準備的話，你可以預防出現這種情況。你將會使得孩子用更好的辦法而不是哭鬧來得到你的關心。你將隨時和他們玩更好的遊戲，而不是“逗弄我的弟弟，惹他哭。”

改變心情

幾個簡單的技巧可以改變心情。想一下什麼可以幫你熬過乏味的時刻。看一樣東西？聽點什麼？想點什麼？雖然小童好動，但這些方法對他們也起作用。年長的小童能夠思考和講話多一點，而年幼的小童則會需要你給他們更多的指導和參與。

除了有時需要紙和鉛筆之外，以下建議多數不需要任何設備。你可以根據你的孩子的年齡和興趣、以及你們等待的地點而相應地變一下。

歌曲 - 學一些歌詞或者自編關於你們等候之後要做什么的歌詞。倘若你按照熟悉的歌曲自編新歌詞，這些歌詞可以使用很長時間。唱歌時要伴有動作，以便讓每個人都動起來。

文字遊戲 - 玩辭彙和記憶遊戲。比如說，每個人輪流選一個字母然後說“我去了寵物店買了個動物，它的名字叫...”其他人必須說出正確的動物。當你們說完動物後，試著改成食品雜貨店和花店。年長的小童可以用鉛筆在紙墊上塗寫來和你玩遊戲。

思考類的遊戲 - 周圍看一下，指出兩個差不多一樣的東西，例如說兩棵樹，然後說他們有什麼相同和不同的地方。將飯店餐桌上的糖包擺開，再將一塊硬幣放在其中一個糖包下邊來玩捉迷藏。通過問“古怪”的問題來引起你的孩子的注意：倘若一個恐龍想坐過山車，結果會怎麼樣呢？

故事 - 為了打發時間，你可以講一個傳統故事或者當場自編一個。或者你們可以合作編一個故事：每個人講幾句話然後往下傳。在醫生診所，在一個雜誌上找一張圖片，然後根據這張圖片編一個故事。問你的孩子他們想去圖中的哪個地方。

傾談 - 用等候時間多瞭解一下你的孩子。聊他們喜歡的事情。同他們一起為下一次生日聚會做一個打算。

藝術 - 用手指互相在手或手背上畫一個圖，之後估一下對方畫的是什麼。看燈箱板或者廣告牌，之後討論上面的廣告語同顏色。

活動 - 倘若你們等候的地方有空間活動並且你們有兩個成年人，那麼其中一個人可以守著排隊，而另一個人則可以帶著孩子做一個“跟著領導”走。倘若孩子只能坐著，想辦法至少活動一下孩子的手和胳膊，例如拍手遊戲或者將管道清潔器擰成奇怪的形狀。

道具 - 倘若你知道你將會在某個地方排隊等候，那麼準備個袋子，裏面裝些東西，比如鉛筆、蠟筆、紙張、泥膠、小玩具車和書。不要忘了零食。零食永遠是調節心情的好辦法。你可以在一張小紙片上寫上歌名、遊戲名、或者聊天的題目，之後放在一個盒子裏邊。將盒子放在車上，之後當你碰到交通堵塞的時候，讓孩子將紙片取出來，之後先自決定做什么。

下一次遇到一定要排隊等候，借這個機會放鬆一下，和你的孩子玩遊戲。乏味、不耐煩和氣惱將使你感到等候時間更長，但是找點樂趣，時間過得會好快。

Betsy Mann 編寫

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>