



艾德學攀岩

二年__班 姓名_____ 座號____

哪些行為可以訓練攀岩的能力呢？在框框中塗上顏色，幫助艾德往上爬吧！

A central illustration of a climber named Aida, wearing a helmet and harness, climbing a rope. The rope is a vertical line with several handholds. Surrounding the rope are various activities, each with a square box for coloring. The activities are: 平時多跑步 (top left), 吃零食 (top right), 喝含糖飲料 (middle right), 看電視 (middle left), 跟同學用身體玩「手腳划拳」 (middle right), 在平衡木上爬行 (bottom left), and 玩電腦 (bottom right). There are also several small rock icons scattered around the rope.

平時多跑步

吃零食

喝含糖飲料

看電視

跟同學用身體玩「手腳划拳」

在平衡木上爬行

玩電腦

家長簽名：_____