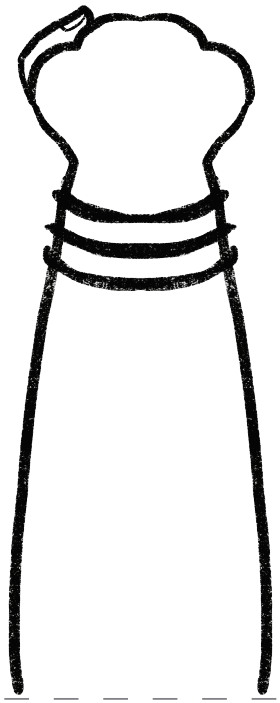
與動物相愛的練習｜練習5 饅頭快手 學習單

1.從目前家裡寵物數量最多的人開始，順時針翻開牌堆，如果翻開的是友善情境，
大家就依據情境將饅頭手排堆上面，並由手速最快的人拿到友善情境卡。

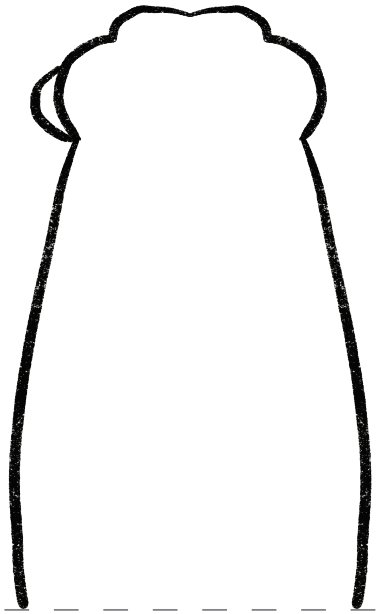
2.若翻到的是壓力情境，則換下一人翻牌。倘若在壓力情境時，有人伸出饅頭手，
則伸手者要將場面上所有的壓力情境卡收下，並由他繼續翻下一張牌
持續輪流直到牌組全數翻完



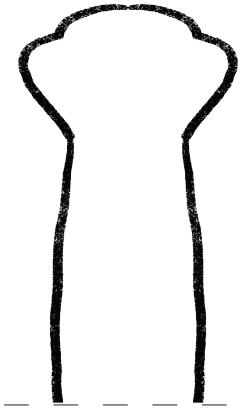
玩家1



玩家2



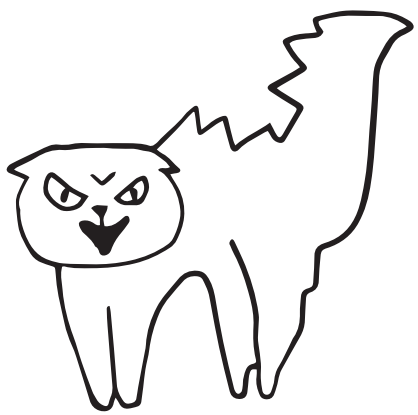
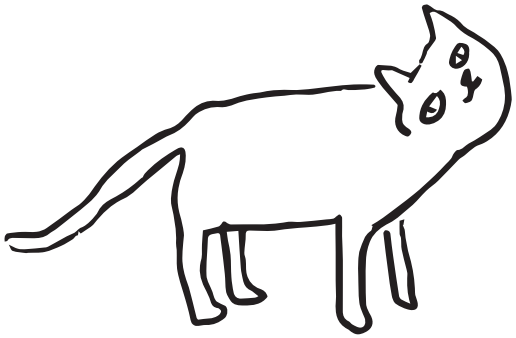
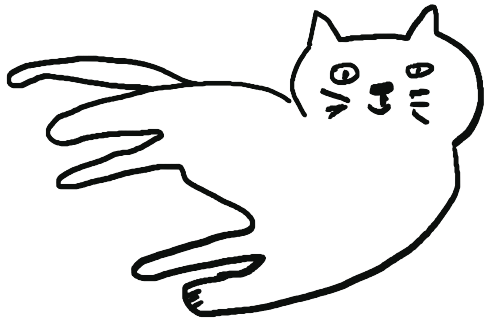
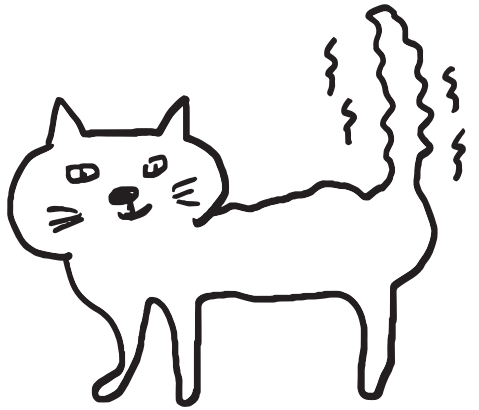
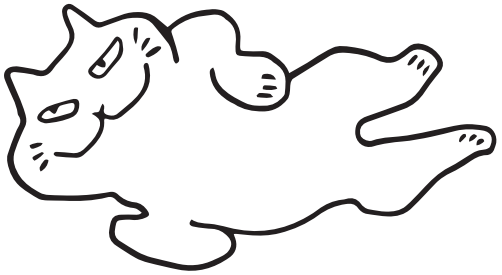
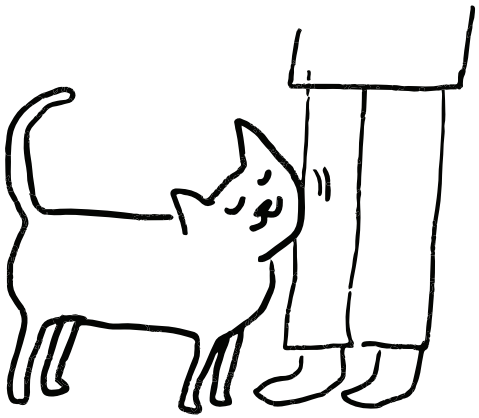
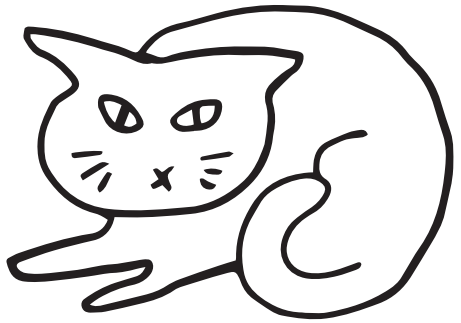
玩家3

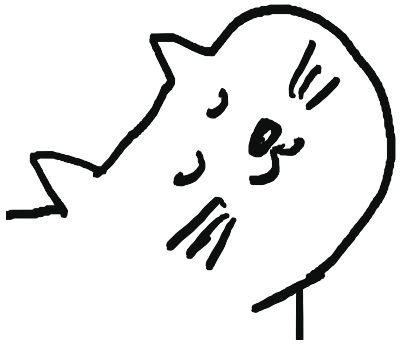


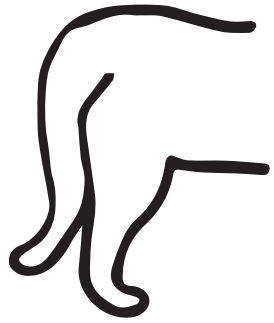
玩家4

無尾香蕉動物學校 NOTAIL & BANANA animal school

兒少篇 與動物相愛的練習 | 練習5 饅頭快手 學習單

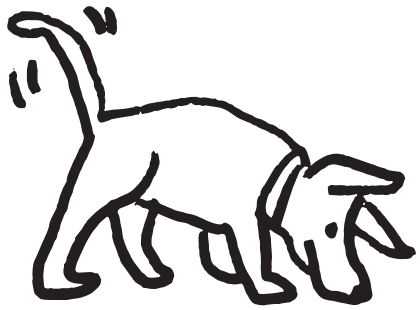
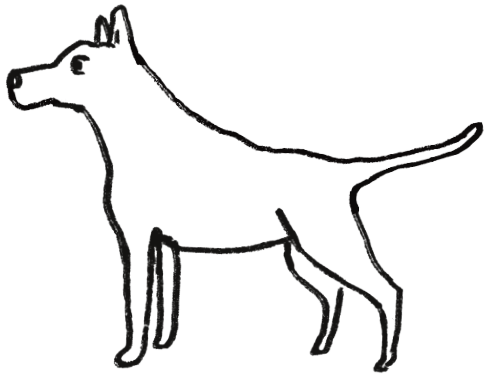
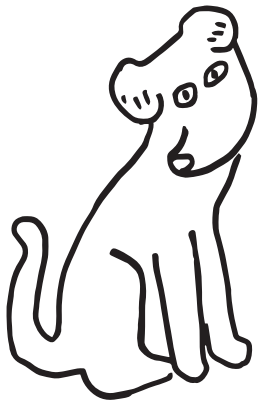
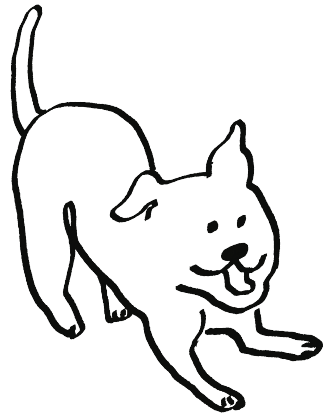
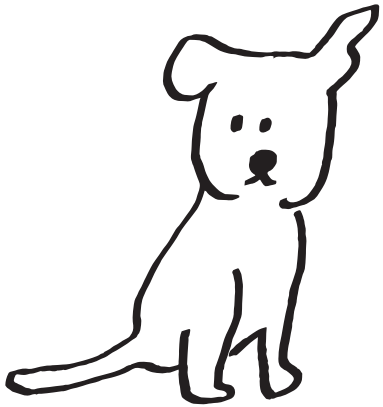
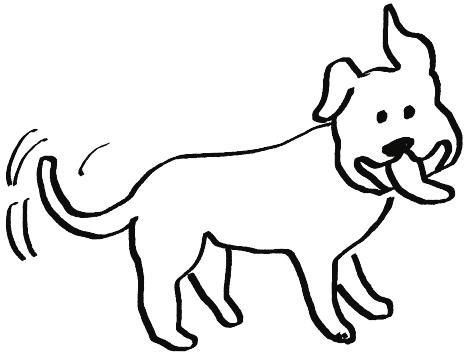
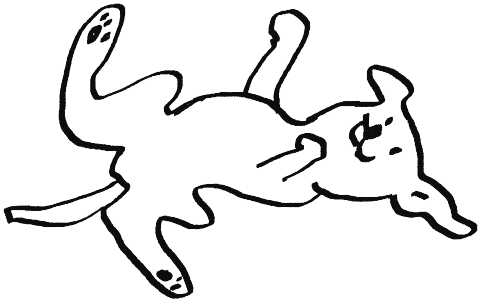
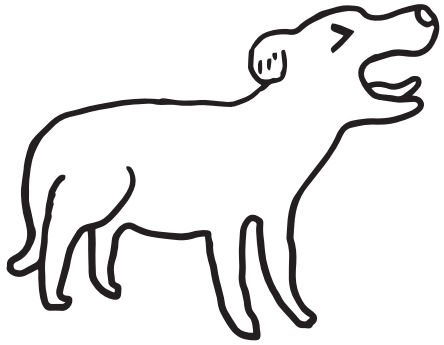








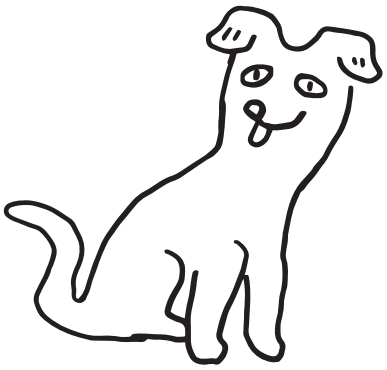
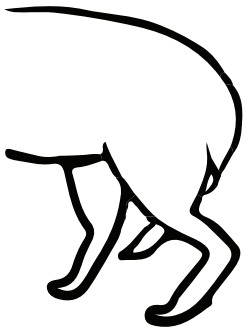


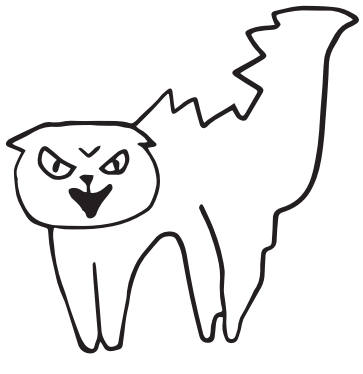
無尾香蕉動物學校 NOTAIL & BANANA animal school

兒少篇 與動物相愛的練習 | 練習5 饅頭快手 學習單

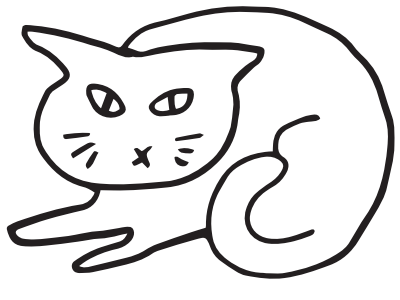




壓力的肢體語言



炸毛

弓背、全身緊繃炸毛!別惹我，真的太生氣了!



飛機耳

蜷縮身體、雙耳壓平，不要再靠近我了!



尾巴炸毛下垂

試圖以身形嚇退敵人，真的很害怕!



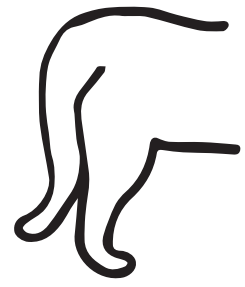
哈氣

表示敵意和警告，我不想跟你有肢體衝突!



瞳孔放大

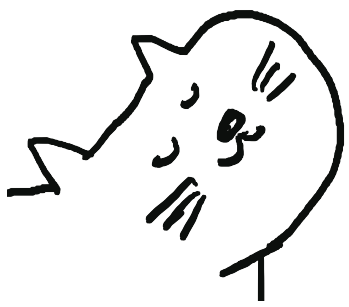
非常恐懼或氣憤，隨時可能攻擊他人!



尾巴貼身下垂

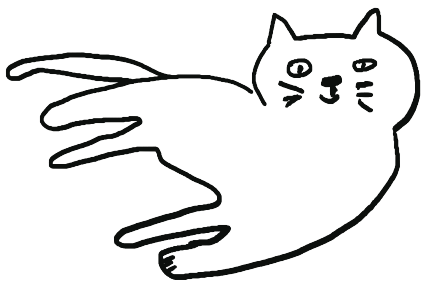
表示心情緊張、不安或害怕。

友善的肢體語言



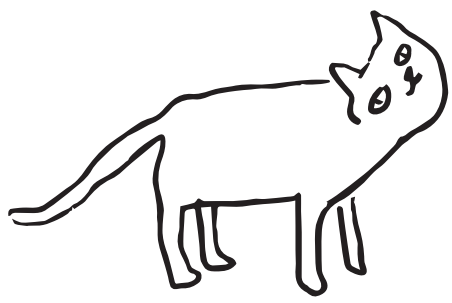
瞇瞇眼

貓咪慢慢眨眼，表達放鬆與舒適哦!



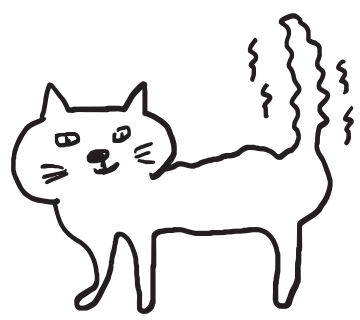
側躺

臉部肌肉和手腳尾巴鬆鬆軟軟，心情好放鬆。



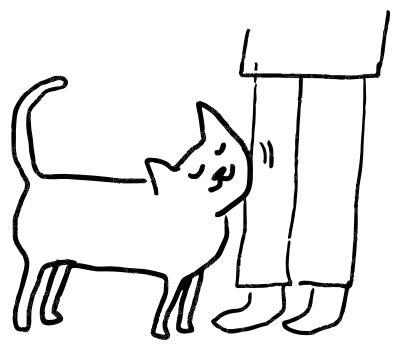
歪頭

啊？你說什麼，好好奇我想再聽清楚一次!



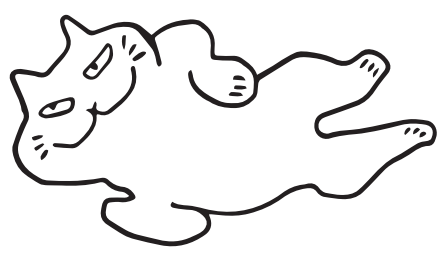
尾巴上揚抖動

超級超級!喜歡你!貓咪在熱烈表達愛意哦!



磨蹭

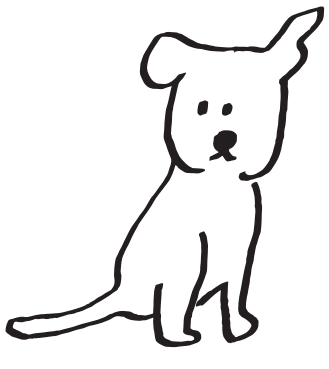
貓想留下自己的味道、磨蹭撒嬌一下。



翻肚

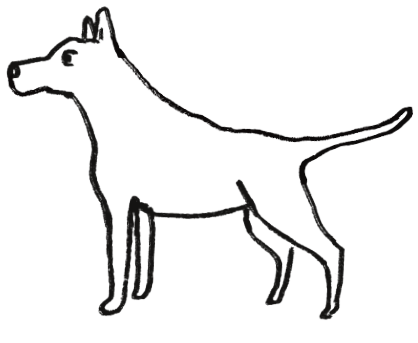
對你和環境信任的表現，這時不要摸肚肚噢!

壓力的肢體語言



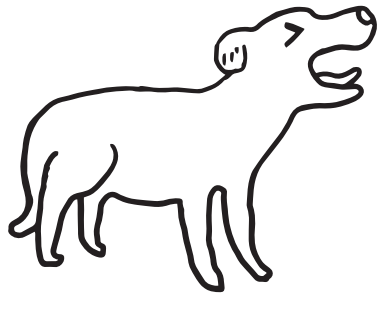
轉移視線

眼神轉移看向別的地方，
我沒有敵意哦。



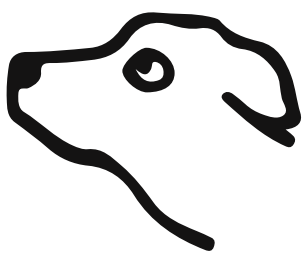
緊盯著人

全身僵硬地站立，視線
緊跟著人，表示警戒!



打哈欠

打個哈欠、耳朵後翻，
狗狗覺得有點壓力喔!



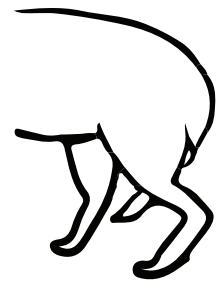
耳後翻

面對比自己地位高的對
象時，向對方示弱，會
將耳朵向後翻。



抓癢

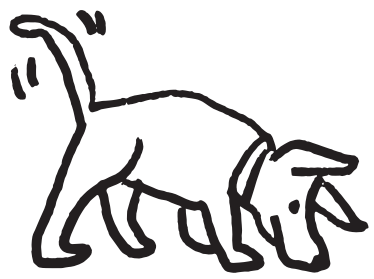
狗狗抓癢的舉動，可能
正承受著壓力。



尾巴下垂

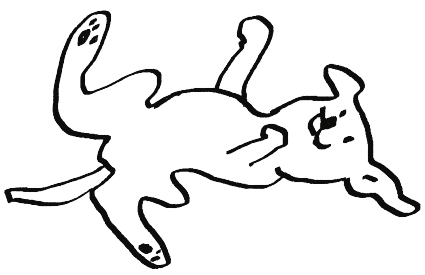
尾巴夾在兩腿間，感覺
到不對勁，有點害怕。

友善的肢體語言



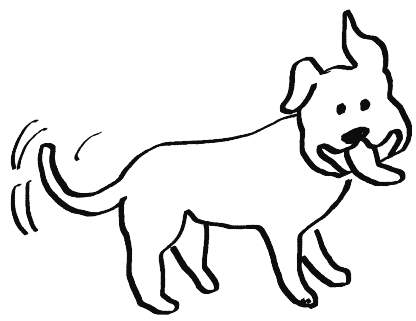
平靜地探索

身體放鬆，散步嗅聞，
正在專注地探索環境。



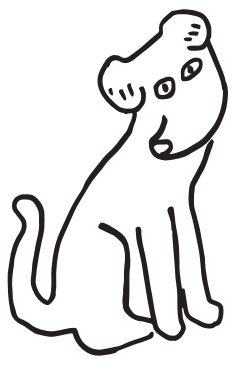
翻肚

放鬆開心地翻肚肚表示
信任與好喜歡!



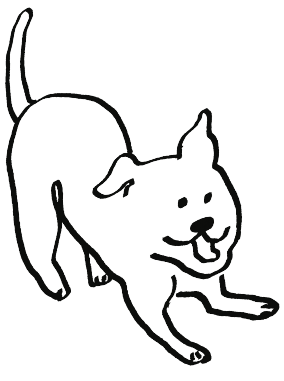
搖搖尾巴

狗狗張開嘴巴、尾巴輕鬆
擺動，表示心情愉悅。



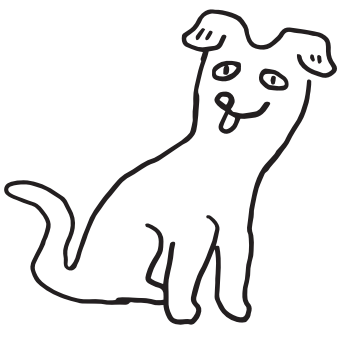
歪頭

咦？歪歪頭，聽聽看發
生什麼事了？



邀玩

壓低前腳、翹屁股是邀
玩的表現。



耳朵直立放鬆

五官、身體柔軟，尾巴
與耳朵自然放鬆