

起床场景

一、叫醒宝宝

Wakey wakey, time to get up. 该醒醒啦，起床咯。

It's morning now. 现在是早上啦。

Rise and shine. 起床啦，小太阳。

二、醒来后问好

Good morning, baby. 早安呀，宝贝。

You're awake! 你醒啦！

Did you sleep well? 你睡得好吗？

（睡得很好）

You look happy. 你看起来好开心。

You must have slept really well. 你一定睡得很好吧。

（睡得不太好）

You look tired/sleepy. 你看起来有点累/还没睡醒呢。

Do you want to stay in bed a little longer? 要不要再躺一会儿？

三、拥抱安抚

Come here, give Mommy a hug. 来，给妈妈一个抱抱。

Let Mommy give you a cuddle. 到妈妈怀里来依偎一下吧。

You can rest a little more in Mommy's arms. 你可以在妈妈怀里再休息一会儿。

Do you want Mommy to hold you? 想要妈妈抱抱吗？

四、简单互动

Look at your hair, it's all messy. 看看你的小头发，乱糟糟的。

You just gave a big, big yawn! 你刚刚打了一个大大的呵欠！

Let's wake up our bodies and do a little stretch together. 我们一起来伸展一下身体吧。

Hands up, up, up, all the way up, like a little kitty. 双手举高高，像一只小懒猫。

五、拉开窗帘

Let's open the curtains. 我们来拉开窗帘吧。

Let the sunshine in. 让阳光照进来。

Do you want to open the curtains with Mommy? 你想和妈妈一起拉窗帘吗？

Wow, look at the sunshine. It's so bright. 哇，看阳光，好亮呀。

It's going to be a nice day. 今天会是美好的一天哦。

六、起床引导

Are you ready to get dressed? 你准备好穿衣服了吗？

Let's get dressed and wash up. 我们去穿衣服、洗漱吧。

Then we'll have breakfast. 然后我们吃早餐。

We have a lot of fun things to do today. 今天有好多有趣的事要做呢。