

俗话说：“学好数理化，走遍天下都不怕。”

但在现实生活中，数学却成为很多孩子的童年恐惧、考试难关、成功障碍。

【加】戴斯（J.P.Das）蔡丹◎著

练习手册
供儿童或学生使用

儿童数学与 认知训练手册



清华大学出版社

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北京

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单元一 数字连线 /001

了解图形大小、空间方位的概念，初步掌握策略以及灵活转换策略的能力。

- ▶ 第一部分 图形的连线 /002
- ▶ 第二部分 数字的连线 /005

单元二 学习数轴 /017

了解数值大小的概念，提高注意控制、抑制分心、认知计划能力。

- ▶ 第一部分 动物图形的数轴任务 /018
- ▶ 第二部分 数字的数轴任务 /034

单元三 数一数 /055

增强数感量，提高注意控制、抑制分心、认知计划能力，掌握策略的形成并灵活运用。

- ▶ 第一部分 诺亚方舟 /056
- ▶ 第二部分 数一数动物 /060
- ▶ 第三部分 数一数数字 /064

单元四 图形、估算和地图 /075

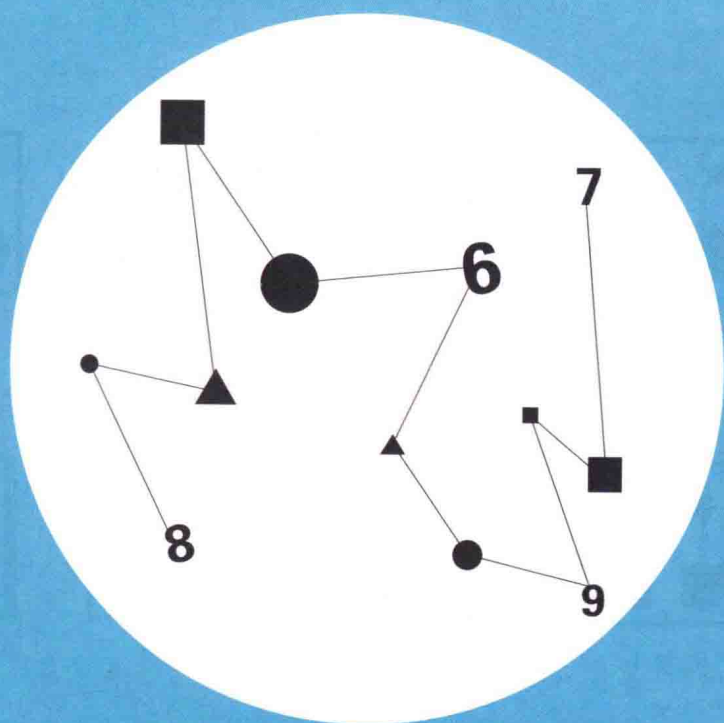
掌握言语图形关系，提高图形—空间能力、同时性加工编码能力、数量以及距离的估计能力。

- ▶ 第一部分 图形任务 /076
- ▶ 第二部分 数量估算任务 /104
- ▶ 第三部分 地图距离估算任务 /135

单元五 数字记忆广度 /137

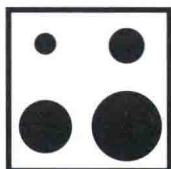
训练工作记忆能力、边算边记能力，需要抗干扰、信息保存、利用语音复述等技巧，这是数学学习的核心能力。

- ▶ 第一部分 计算广度任务 /138
- ▶ 第二部分 数字侦察任务 /139

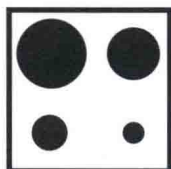


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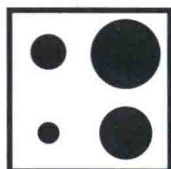
▶ 示范



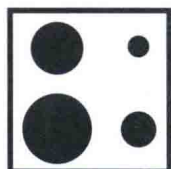
示范 1



示范 2

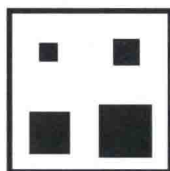


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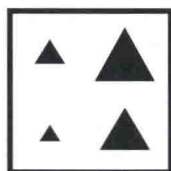


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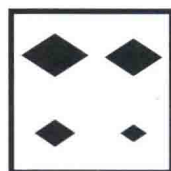
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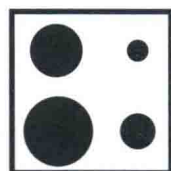
例题 1



例题 2

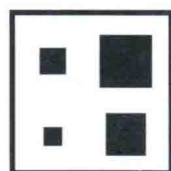
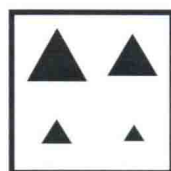
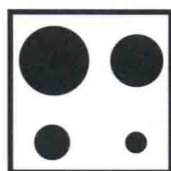
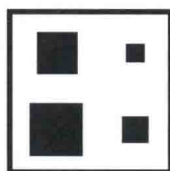


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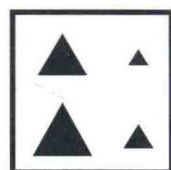
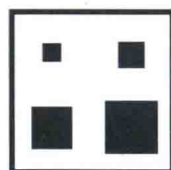
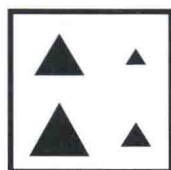
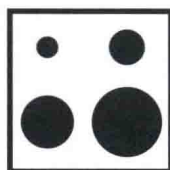


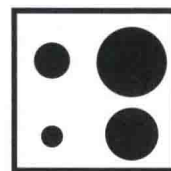
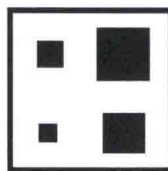
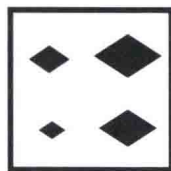
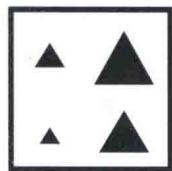
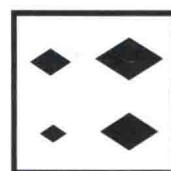
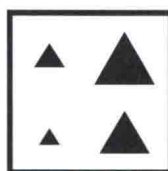
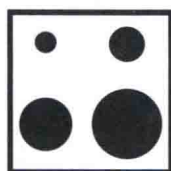
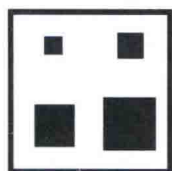
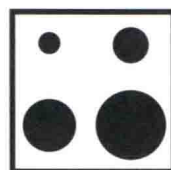
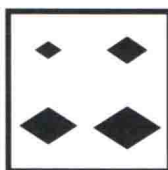
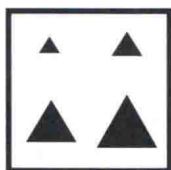
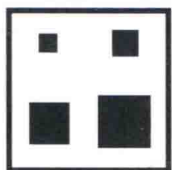
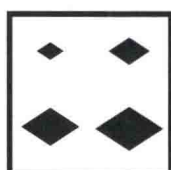
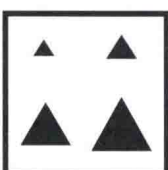
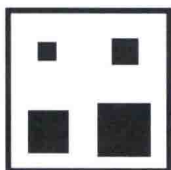
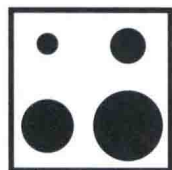
例题 4

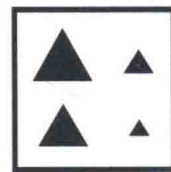
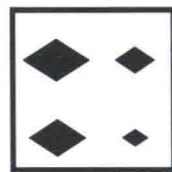
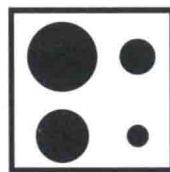
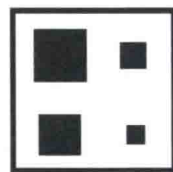
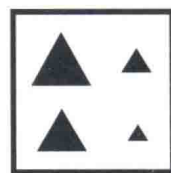
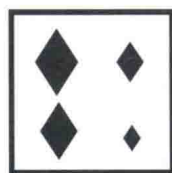
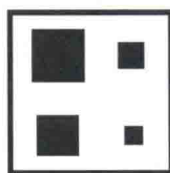
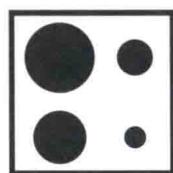
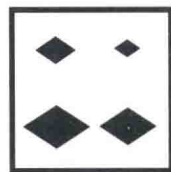
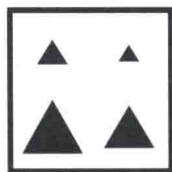
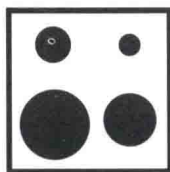
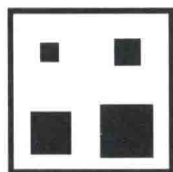
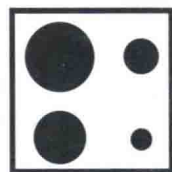
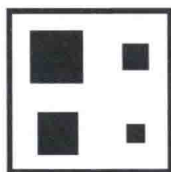
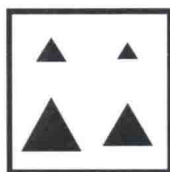
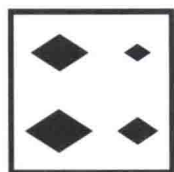
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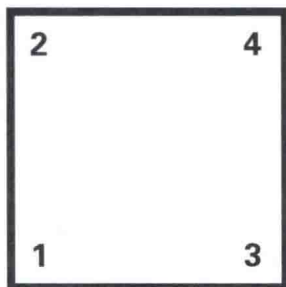
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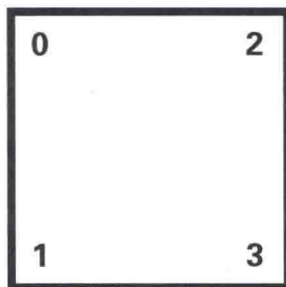




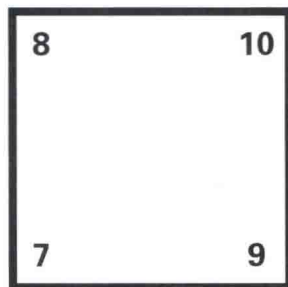
▶ 示范 1



示范 1-1

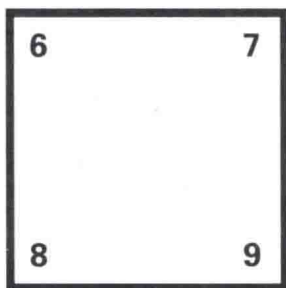


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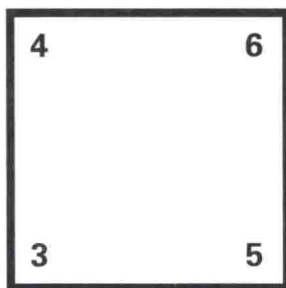


示范 1-3

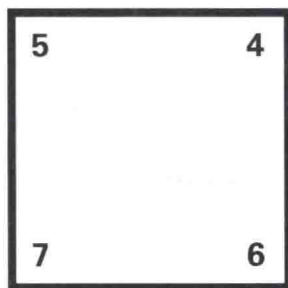
▶ 例题 1



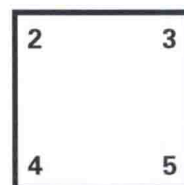
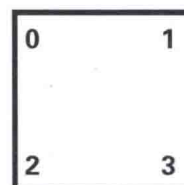
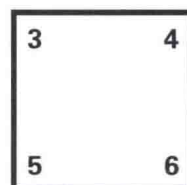
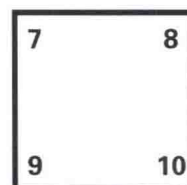
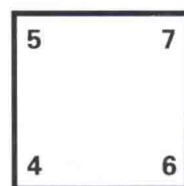
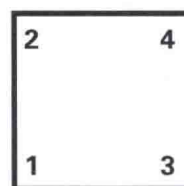
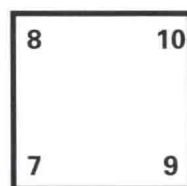
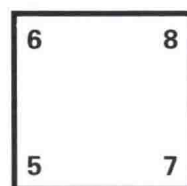
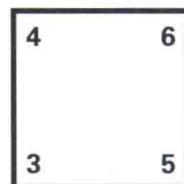
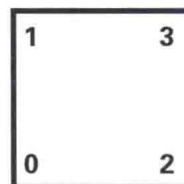
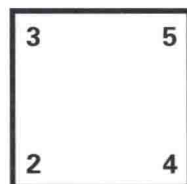
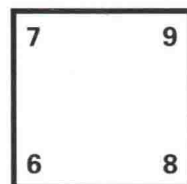
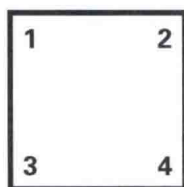
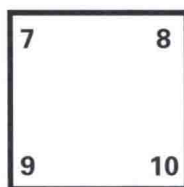
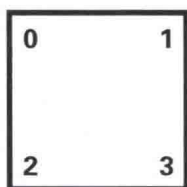
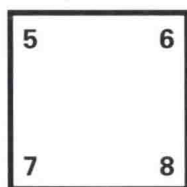
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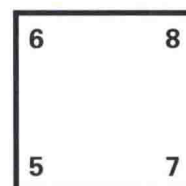
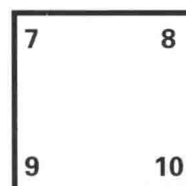
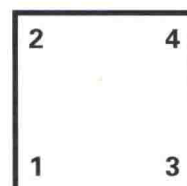
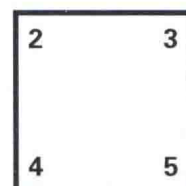
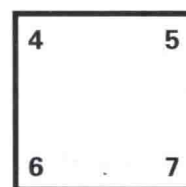
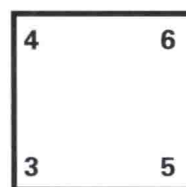
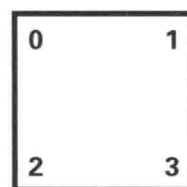
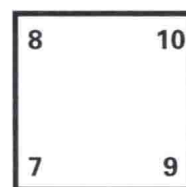
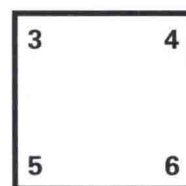
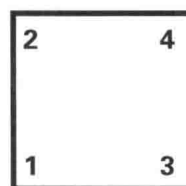
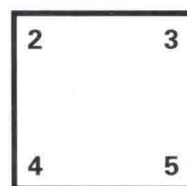
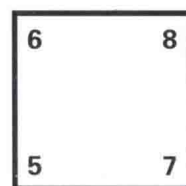
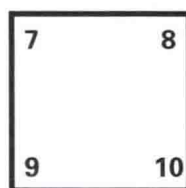
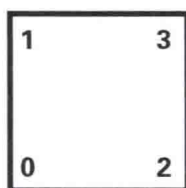
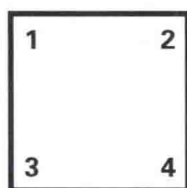
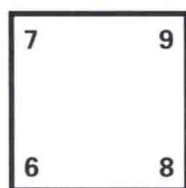
例题 1-2



例题 1-3



数字的连线 ▸ 任务 2



25	30
35	40

47	59
41	53

44	48
52	56

30	36
27	33

17	21
25	29

46	49
52	55

44	66
33	55

73	79
85	91

37	41
35	39

64	75
86	97

30	40
25	35

27	30
33	36

75	97
64	86

43	47
51	55

45	51
42	48

23	27
31	35

58	60
62	64

32	40
28	36

39	46
53	60

13	17
11	15

数字的连线 ▶ 示范和例题

▶ 示范 2

2	6
4	8

5	10
15	20

8	10
9	11

10	20
30	?

▶ 例题 2

8	12
10	14

20	30
40	50

0	2
1	3

0	5
10	?

0	2
4	6

10	20
30	40

1	2
3	4

2	4
6	?

10	30
0	20

6	10
4	8

8	?
7	9

10	20
5	15

4	6
8	10

20	21
22	23

40	50
60	70

15	20
25	?

12	16
10	14

30	40
25	35

32	?
30	34

12	14
11	13

数字的连线 ▶ 任务 5

20	24
18	22

60	65
70	75

10	20
30	40

51	52
53	?

80	85
90	95

14	16
18	20

40	?
30	50

50	60
45	55

17	18
19	20

35	45
55	65

55	65
50	60

14	?
12	16

0	5
10	15

35	55
25	45

30	32
34	?

65	75
60	70

37	?
35	39

64	75
86	?

30	?
25	35

27	30
33	?

58	?
62	64

32	40
28	?

39	46
53	?

13	17
11	?

75	97
64	?

43	?
51	55

45	51
42	?

23	27
31	?

25	30
35	?

47	?
41	53

44	?
52	56

30	36
27	?

