

Opposites – Fun Actions



Children love activities which involve fun movements. This opposites activity incorporates physical actions to reinforce the child's understanding of the 'opposites' words being introduced.

The idea is to act out the opposite words as you say them. Encourage the child to initially listen to the words being introduced, and then join in saying them as they follow the action instructions. Children can also just join in with the fun actions as they listen to the words.

- Tall – Short (Stretch up high to make yourself Tall. Crouch down to make yourself Short)
- Asleep - Awake (Close your eyes to pretend to be Asleep. Open your eyes to Wake up)
- Long - Short (Lay stretched out on the floor to make yourself Long. Bring your knees to your chest to make yourself Short)
- Throw - Catch (Pretend to Throw a ball. Pretend to Catch a ball, clasping your hands together)
- Fast - Slow (Run Fast on the spot. Jog Slow on the spot)
- Hot - Cold (Pretend to be hot, wipe your hand across your forehead. Pretend to be Cold, wrap your arms around your body and shiver)
- Sit – Stand (Sit down on the floor. Stand up)
- Left - Right (Point to the Left. Point to the Right)
- Backwards - Forwards (Walk carefully Backwards. Walk forwards)
- Pull – Push (Pretend to Pull a rope with your hands. Pretend to Push a big box).
- High – Low (Point up to the sky for High. Point down to the floor for Low).

Step up The Activity

Make an Opposites Basket. Encourage your child to search around the house or garden for toys or items which are opposites, for example something 'heavy/light' or 'tall/short.' They can even draw pictures of objects that are opposites to place in the box, for example a 'big/small' elephant. For those that can, they can try to write opposite words to place in the box.