

Lesson #31: Opposite Day

Objectives: To learn about opposites. To explore sizes, shapes, pathways, movements and level changes as they identify contrasting qualities.

Materials Needed: A raw potato (or Mr. Potato Head)
Stuffed animals (1 per child)
Punch balls (1 per child)
Masking Tape
A sheet
A rope
A ball

Class Outline:

- A. Warm-ups* (See Appendix 1)
- B. Activities
 1. **Information Station.** Children stand with feet hip distance apart, arms stretched out to sides. Discuss meaning of the word “opposite.” Say, ‘Stretch as *big* as you can’ then ‘...as *small* as you can.’ ‘Be *soft* like jell-O’ then ‘Be *stiff* like a tree.’ ‘Be a branch blowing in the *gentle* wind’ then ‘...in the *strong* wind.’
 2. **Hot Potato.** Have the children sit in opposite position in a circle: boy-girl-boy-girl, sit-stand-sit-stand, or face-in-face-out-face-in-face-out. They play hot potato with a real potato by passing it around first slowly, then fast.
 3. **Pick it Up.** As music plays, children stand with feet apart, holding a stuffed animal. Drop animal between feet. Then, keeping legs straight, bend at waist to pick up animal. Continue, emphasizing that ‘up’ and ‘down’ are opposite directions.
 4. **Punch Balls.** Children use a punch ball to follow the dynamics of the music.
 5. **Size and Shape.** Children circle arms, hands, feet, head and hips in small circles, then big circles. Walk on tiptoes with tiny steps, then large steps. Walk in a straight line, then a zigzag pattern. Follow a masking tape pathway on the floor.
 6. **Parachute.** Make sheet ripple gently, then shake it hard. Hold high, then low.
 7. **Over and Under.** Explore ‘over’ and ‘under’ with a rope. Lay rope on floor, and children walk over it. Then two children hold it while others walk under it. What other props can you find in the room to demonstrate these opposites? Have them walk, run, climb and jump over and under.
 8. **Ball Toss.** Children sit in a circle. Teacher holds ball and says first half of a pair of opposites. The ball is tossed and the person who catches it must call out the other half of the pair of opposites. Teacher says ‘hot’ and child replies cold.
 9. **Pantomime.** Divide children into two groups, facing each other. Each half pantomimes opposites: one group pushes an imaginary object while other group pulls object. Switch. One group stands on tip-toes with arms raised, reaching for the sky, while other group squats down on floor. Switch. Have all children laying on floor, alternating one on back, one on tummy. Teacher says, “Roll!” and simultaneously, all children flip-flop on ground.