Things to do together

- Make a list of words that have opposites (hot, cold, dark, light etc) Say one word out loud and encourage your child to say its opposite word. Perhaps make a chart of opposites.
- Together act out opposing movements—stretch up, bend down, reach out, press in. Etc.
- Use a light blue paper to draw a picture of day (or cut out shapes for gluing—houses, roofs, suns etc). Use a black sheet of paper to draw night (with white chalk or white or light blue shapes)
- Set up an obstacle course in the house. Talk about the various “opposite” moves you have to make to finish the course.
- Pour two glasses of water, one warm, one cool. Talk together about these opposite temperatures. Look for other opposites in your house together.