

Opposite yoga

How to...

Write or draw some opposite words on paper, or cut pictures from magazines. For example draw an elephant and mouse for big and little, ice cream and fire for hot and cold, water and towels for wet and dry.

Put your opposite pictures on the floor.

Ask your child to find pictures with their body, for example put your arm on hot, put your leg on something that is heavy.

Then get them to be the teacher and tell you what to do!

Talk about it

- Talk about things that are opposite
- Use words like heavy, light, long, short, full, empty, sad, happy
- Talk about things that are heavy, hot etc.
- What things around the house match your opposite pictures?
- Help your child to say why things are opposite, for example a cushion is opposite to a table because it's soft and tables are hard.