

# Opposite Exercises

Easy activity that cost nothing for parents to teach their child! Do these action exercises one at a time, while saying the opposite words to your child. Encourage your child to do the exercise motion with you, and say the word while doing.

## **Milestones to meet:**

The child can follow visual and verbal directions. The child can mimic the actions of an adult. The child learns the concept of opposites. The child builds physical motor development.

## **Opposite Movements:**

### Up and Down

- Stand with your hands up in the air
- Bend over and touch your feet on the ground

### Open and Close

- Open your hands really wide
- Close your hands into a fist

### Happy and Sad

- Make a happy, smile face
- Make a sad, frown face



## Front and Back

- Point as you face the front
- Now turn around and face the back

## Big and Small

- Put arms out wide to make a large gesture
- Use fingers to make a small gesture

## Yes and No

- Shake your head up and down, smiling
- Shake your head side to side, frowning

## Sit and Stand

- Sit down on the floor
- Stand up straight and tall

## Tall and Short

- Reach one hand up high
- Put your hand down to show short

## Right and Left

- Wave your right hand and kick out your right foot
- Wave your left hand and kick out your left foot



## Jump and Stand

- Jump up and down
- Stand still

## Walk and Run

- Walk in place
- Jog in place

## Clap and Stomp

- Clap your hands
- Stomp your feet

## Good and Bad

- Put your thumb up - shake your head yes!
- Put your thumb down - shake your head no!

## In and Out

- Jump in towards the circle (forward)
- Jump back out of the circle (backwards)

You can continue exercise motions as many times in a row, or repeat whole list, over and over as much as you want. Keep teaching and doing until your child no longer shows any interest. This is a great way to learn the concept of opposites, keep your child entertained and active, while still learning the valuable concept of what it means to follow directions and listen!

