



# My Exercises

## Ages 3 years—4 years

**Objective:** The child can do physical activity when shown and follows visual and verbal directions; while learning opposites.

### Materials needed:

Opposite Exercises List (printable)

### Procedures

1. Begin to say and do the opposite exercises in order following the list. Say the actions out loud to your child as you do them. Encourage your child to do the opposite exercises with you, following along.
2. If they do not mimic, continue to do the exercise and use your words to encourage them to follow along. Repeat exercise list more than once, this may influence child to catch on and want to participate with you.



# My Exercises

## Ages 3 years—4 years

4. Continue through the whole list of opposite exercises with your child for a second time; encouraging them to follow along. This time, ask your child to tell you the opposite action or repeat the opposite words after you. I.e. As you do the exercise "arms up to touch the sky", ask your child "what's the opposite of up?" Child says: "Down" and then reach to touch your toes.

### **Milestones to meet:**

The child can use gross-motor skills to influence development. The child learns the concept of opposites through physical activity. The child can follow visual and verbal directions.

### **Evaluation:**

Did this lesson work for your child? Why or why not?