This action break chant is similar to a cheer. The teacher begins by saying: “I say (up), you say (down), up, down, up, down.” The chant continues through various opposites. For example: “I say (in), you say (out), in, out, in, out; I say (over), you say (under), over, under, over, under; I say (high), you say (low), high, low, high, low; I say ((right), you say (left), right, left, right, left” and so on. Children are asked to act out the opposites as you go through the chant.

Children could be asked to come up with their own ideas of opposites, or ribbon sticks could be used versus the scarves when acting out the chant.

Make sure children have enough room to move on their spot at large group.