

Mission:

9. Jump the Opposites

ORGANIZATION:

Music: 1. Wiggly Giggly

Material: 2 stretch bands or large pool noodles (or even hula hoops), flashcards

Book: *Go Dog Go* by Dr. Seuss; *Opposites* by Sandra Boynton; *The Big Road Race* by Stan & Jan Berenstain; *The Foot Book* by Dr. Seuss

Set up: Children in circle. Two teachers inside the circle with noodles.



The children are marching around the two teachers holding the stretch bands (see diagram) while singing the wiggly giggly song. With your signal they stop and they start jumping in and out the stretch bands (all children are moving in the same direction), by calling out loud the opposites (in/out) until the teacher says “now it is time to stop”. Then, all children move outside the stretch bands and walk around singing the song with the teacher from the beginning. With the signal, you give them a new combination of opposites (e.g., over, under) and you adjust the stretch bands accordingly. Examples of opposites are provided in the assessment.

VARIATIONS:

Start the activity without the music or the lyrics and let the children practice space awareness, while moving in and out of the stretch

bands in the same direction without bumping into each other. Next, add lyrics and next the music. Modify the moves (e.g., jump, dance) along with the opposites.

EXTRA TIPS:

Identify the direction of movement to avoid collision. Use flashcards with pictures from a book with opposites and ask them what the card shows. Let them find the opposites by themselves.

Jumping the Opposites

CHOOOSE:

Use sticks in a jar or cards with the moves and let the kids pick one card that will show the next set of opposites (e.g., in-out) or moves (e.g., jump).

ASSESS:

Development and Learning Objectives:

- TSG 21a – Spatial relationships
- Early Learning Standard 12.3 - Shapes and Spatial Relationships, Benchmark 1
Physical:
- TSG 5c - Jumps, Hops
- Early Learning Standard 8.2 - Large Motor Development, Benchmark 1



RELATE:

Pairing helps the children work on the opposites together. Taking turns while moving around the noodle enhances cooperation and respecting other's space.

ENERGIZE THE BRAIN (EF):

By switching from marching around to identifying and jumping the opposites and follow the music all executive function skills are practiced, To add challenge, children can be asked to do or say the opposite action (e.g., "out") to what the teacher says or shows in the card (e.g., "in"). Switch the moves often. You can challenge them to go backwards!