

# High and Low,

# Fast and Slow

**AT**

**TODDLERIFIC**

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## Books to read together:

E Bridwell

E Cousins

E Milne

E My

E Opposite

E Spier

E Yoon

Clifford's Opposites

Maisy Big, Maisy Small

Winnie-the-Pooh;s Opposites

My First Opposites Board Book

Opposites

Fast-Slow High-Low

Opposites

## In, Out, Up, Down! (A Rhyming Dance!)

Take three steps in and clap, clap, clap

Take three steps out and snap, snap,  
snap

Bend your body way down low

Now push your body and up you go!

Step to the right and clap, clap, clap

Step to the left and snap, snap, snap

Wiggle your body with a chill.

Hold yourself steady and stand very still.

## Fun things to do together:

- \* Look around the house and see how many different kinds of opposites that you can find and point them out to your toddler. Have your toddler repeat after you and make motions if needed.
- \* You can sort objects with your child and point out relationships between the objects.
- \* Play a game of "Simon Says" but with opposites: example reach up, then reach down. Point left then point right, in and out, etc.
- \* Put on pieces of clothing backwards, too big, too small, and then ask your toddler what is wrong with the clothes.