



Opposites

Instructions

A fun and active game to play as part of a virtual session. For this activity, children will need to be stood in front of their camera, with a small amount of room for them to move around in.

A leader should lead the game by calling out some of the actions below. However those playing should do the opposite action. So for example if a leader said 'UP' then all the players should instead crouch down. Should someone get it wrong then they should be frozen out for the next round, before coming back in. Start by introducing the 6 basic instructions below. Once the group are comfortable with the game and understand each instruction you can start introducing one or two extra instructions. Alternately you could ask the group to invent their own 'opposite' ideas.

Basic Instructions

UP > Crouch down into a small ball

DOWN > Players should stand tall with both hands reaching up

JUMP > Players should spin around on the spot

SPIN > Players should jump up and down on the spot

STOP > Run on the spot

GO > Stand still

Extra Instructions

NOSE > Pull at both of their ears

EARS > Place their finger on their nose

WIDE > Children should bring their arms and legs in to be as thin as possible

THIN > Children should stand with their arms and legs as wide as possible (like a star)