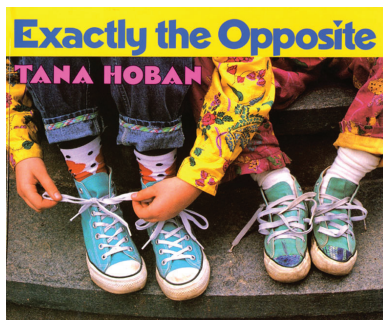


Simon and Sarah

Let's play and talk together

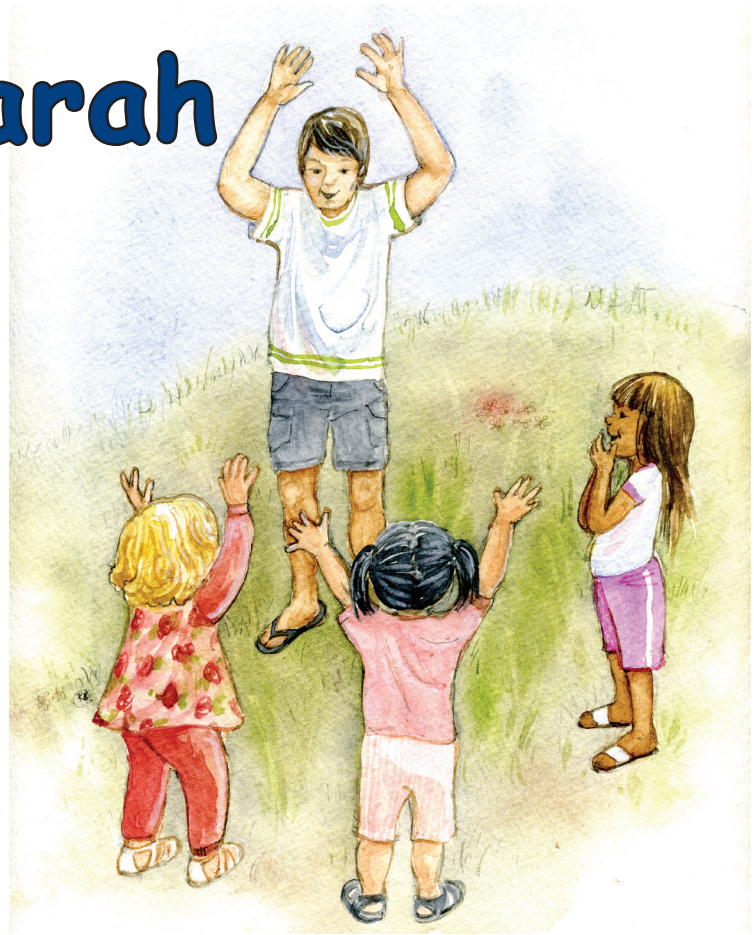
- ❖ First, teach your children to play "Simon Says." Give the children an instruction to follow, starting with the words "Simon Says..." e.g. "Simon says sit down." The children should follow Simon's instructions. If you do not say "Simon says..." before giving the instruction, the children should not do as you say. The point of this game is to catch a child doing something that Simon has not said they should do. When this happens, the child takes a turn to give the instructions.
- ❖ Next, teach the children to play "Sarah Says." This game is almost the same, but Sarah always means the opposite of what she says. If you say "Sarah says sit down," you really mean "Sarah says stand up." The children try to do the opposite of what Sarah says. The point of this game is to catch a child doing what Sarah says, instead of the opposite. When this happens, the child takes a turn to give the instructions.

A good read-together book



Exactly the Opposite by Tana Hoban

This activity helps children listen to and follow instructions, learn the concept of opposites and play with language.



Hints for success

- ❖ These games are more fun when there are several children playing.
- ❖ If a child doesn't understand an opposite, explain it and show an example.
- ❖ Switch places if your child starts to lose interest.

What does the opposite of shouting sound like?

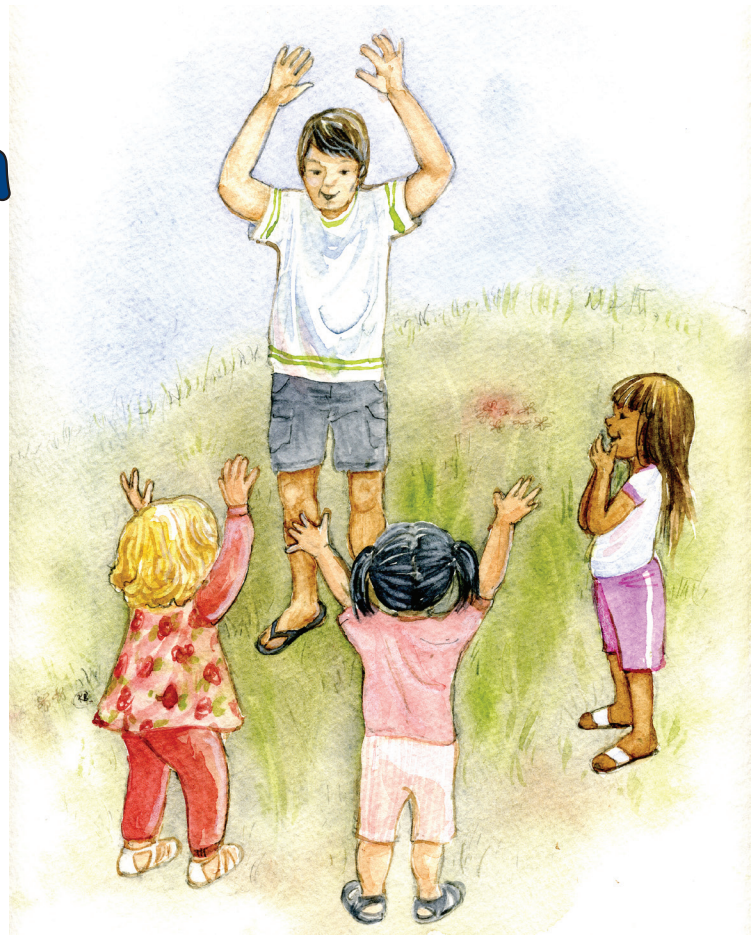
When Sarah says "up" she really means "down."

Ways to say it

More ideas for Simon and Sarah

Try this way

- ❖ For younger children (ages 3-4), use simple pairs of opposites, e.g. up/down, over/under, off/on, fast/slow.
- ❖ With older children (ages 5 and up), use more complicated pairs of opposites, e.g. right/left, near/far.
- ❖ Once children are very familiar with the two games, mix "Simon says..." and "Sarah says..." in the same game. The children must think of three different possibilities: do what Simon says, do the opposite of what Sarah says, or do nothing if Simon's or Sarah's name is not used.



Craft activity

Help your child make an "opposites" picture by putting stickers on a piece of paper in different positions, e.g. at the TOP and at the BOTTOM, on the FRONT and on the BACK, etc.

Physical activity

During the game, have Simon or Sarah instruct children to do a healthy physical activity, e.g. "Simon says run around the telephone pole three times."

Book links

Hot, Cold, Shy, Bold by Pamela Harris
My First Canadian Opposites: A My World Board Book by Chez Pichthall

Ten Little Fingers

**I have ten little fingers,
And they all belong to me.
I can make them do things,
Would you like to see?**

**I can shut them up tight,
Or open them wide.
I can put them together,
Or make them all hide.**

**I can make them jump high,
I can make them jump low.
I can fold them up quietly,
And hold them just so.**

Author unknown