



Welcome to Opposite Land

In Opposite Land, everything is the opposite.

Helps Your Child Grow



Vocabulary

The Opposite Land story invites your child to think of antonyms and act them out, deepening their understanding of common opposite words.



Cognitive Self-Regulation (Executive Functioning)

Following the playful challenge and remembering that “everything works the opposite way” gives your child practice remembering and following a rule.

Steps

- Choose a fifteen-minute “opposite time” and announce mysteriously: “Welcome to Opposite Land! Here, we say everything the opposite way and do everything the opposite way!”
- Demonstrate with opposites your child already knows. Say “go forward” while stepping backward.
- Once the rule is clear, take turns giving challenges. Say, “Please turn off the light,” and see whether your child remembers to turn it on instead.
- If your child forgets, smile and remind them: “Oops! This is Opposite Land. What should we do?”
- When an unfamiliar word comes up, explain it through the opposite meaning or action so your child can learn it more concretely.

Tips

- Try familiar pairs such as good morning/good night, hungry/full, and like/dislike.
- Adjust the length of “opposite time” to match your child’s interest and attention.

Observations

- Responds to a word by saying or acting out its opposite
- Keeps using opposites throughout fifteen minutes of “opposite time.”