

NOT OPPOSITES!

Use these teaching tips and extension ideas to enhance your use of the Stories, Songs, and Stretches!® online classes. This class uses the book *Not Opposites*, written by Linda Ragsdale and illustrated by Imodraj, published by Flowerpot Press.



STORIES, SONGS, and STRETCHES!

NOTICING

If possible, invite children to notice and share what they are feeling, without reacting to their responses. We don't need to fix or change what they are feeling; instead, let's offer them the space to observe what is here, as it is. This helps children build **self-awareness**, a critical **social-emotional learning** skill.

HAPPY SPINES

Not only does our Happy Spines song move the spine through its full range of motion, it also **crosses all of the body's midlines**, important for building the structure that allows the two hemispheres of the brain to communicate!

MAKING INFERENCES

This book is about the ways in which we are different from other living creatures. Invite the children in the room to **name** how they are different from one another. Children may call out differences in race, language, or ability. Don't be afraid of this! Positive acknowledgments of differences can help develop **cultural identity** and **anti-bias**.

MORE RESOURCES

"How to Use Picture Books to Teach Diversity and Inclusion" from First Book
https://youtu.be/qpXt_vb7WWs

Teaching Tolerance
<https://www.tolerance.org/>

MINDFULNESS

In this class we use two kinds of sensory exploration to encourage children to **connect mindfully to the present moment**: the sound of a chime and color changing electronic candles. The chime practice is simple to integrate throughout the daily routine. If you have real electronic candles, consider passing one out to each child for this activity.

TALKING

Before reading this book, talk about the concept of opposites. What does this word mean? Are there ways to use your body to show opposites? Can you point to opposites that you see in the room? Can things be different without being opposite? **Talking** and **reading** are powerful practices for building **early literacy skills!**

MORE BOOKS

Quinito, Day and Night / Quinito, día y noche by Ina Cumpiano
Skin Again by bell hooks
Marta! Big and Small by Jen Arena
Love the World by Todd Parr