

Lesson Plan

Fast and Slow, Stop and Go

Book: *Fast and Slow*

Series: Opposites

Level: Scout

Objective

To help students practice thinking of pairs of words that are opposites.

Supplies

- *Fast and Slow* book
- A large, open area for an active game

Before the Activity

Read *Fast and Slow* out loud to students.

Activity

The words *fast* and *slow* are opposites because they describe two different ways of moving. After reading *Fast and Slow*, show students the book's cover and ask the following questions:

- Which two animals are shown on the cover? (Answer: a rabbit and a turtle)
- Which animal is fast? (Answer: the rabbit)
- Which animal is slow? (Answer: the turtle)

Then, go to a large, open area and play the following game. Ask all the students to line up along one side of the open area. You will stand on the opposite side. When you say the word *fast*, students should hop toward you like rabbits. But as soon as you say the word *slow*, students must walk in slow motion like turtles. They must keep moving in slow motion until you say the word *fast* again. Students who do the wrong action must go back across to the other side and start over. Continue switching words until the first student reaches you. This student now gets to be "it."

Have all the other students go back to the other side of the open area. The student who reached you first should pick another pair of words that are opposites, such as *up* and *down*. The student should choose two different ways of moving, one to match each word. For example, a student might walk on tiptoes for *up* but crawl on all fours for *down*. Practice the new actions as a class. Then have the student who is "it" start calling out the new words. The other students must respond with the new actions. Students who do the wrong action must go back across to the other side and start over.

Evaluation

Each time a student makes it all the way across the open area, that student gets to be “it” and choose a new pair of adjectives.

Standards

This lesson may be used to address the Common Core State Standards’ language standards, grade K (L K.5).