

Lotte Salling

MY FAMILY  
**UP & DOWN**  
S S  
ANTONYMS & SYNONYMS

Lotte Salling. Illustrations: Michael Domino



weird wild free invisible  
crazy sleepy  
down young heaven  
throw job heavy  
strong happy break  
skilled steal friend



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# MY FAMILY UPS & DOWNS ANTONYMS

Illustrated by Michael Domino

## INTRODUCTION

Knowledge of antonyms (words with opposite meaning) and synonyms (words meaning the same) provides children with the opportunity to express themselves precisely and effectively. A large and varied vocabulary is an important requirement, both when the children are about to start their reading process, and in the general communication and activities with other children.

In My Family Ups&Downs, we rhyme with antonyms when the book is read one way and synonyms when the book is turned upside down and read the other way.

Talk about the words and use the illustrations for a dialogue with your child about what you see. It's fun and contributes to the child's language development.

Sincerely, the author.

**My Family Ups&Downs**  
**- synonyms and antonyms**

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Translated by Lotte Salling,

Original title: Rim med Familien Op&Ned ©2013, [www.sprogleg.dk](http://www.sprogleg.dk)





CALM / WILD

At night I'm always very **calm**  
like any sleeping child.  
But at the call of my alarm  
my body will go **wild**.



## FREE / TRAPPED

A bird is almost always **free**  
to fly up to the sky.

But Granny's little bird you see  
is **trapped** and cannot fly.







tiger  
frog  
sun



## VISIBLE / INVISIBLE

An animal is **visible**  
like so the burning sun.  
My thoughts though are **invisible**  
like words are said and gone..



HEALTHY / UNHEALTHY

I'm told that vegetables and meat are **healthy** for the body.

But lucky Grandpa gets to eat **unhealthy** cake with Toddy.





## NORMAL / CRAZY

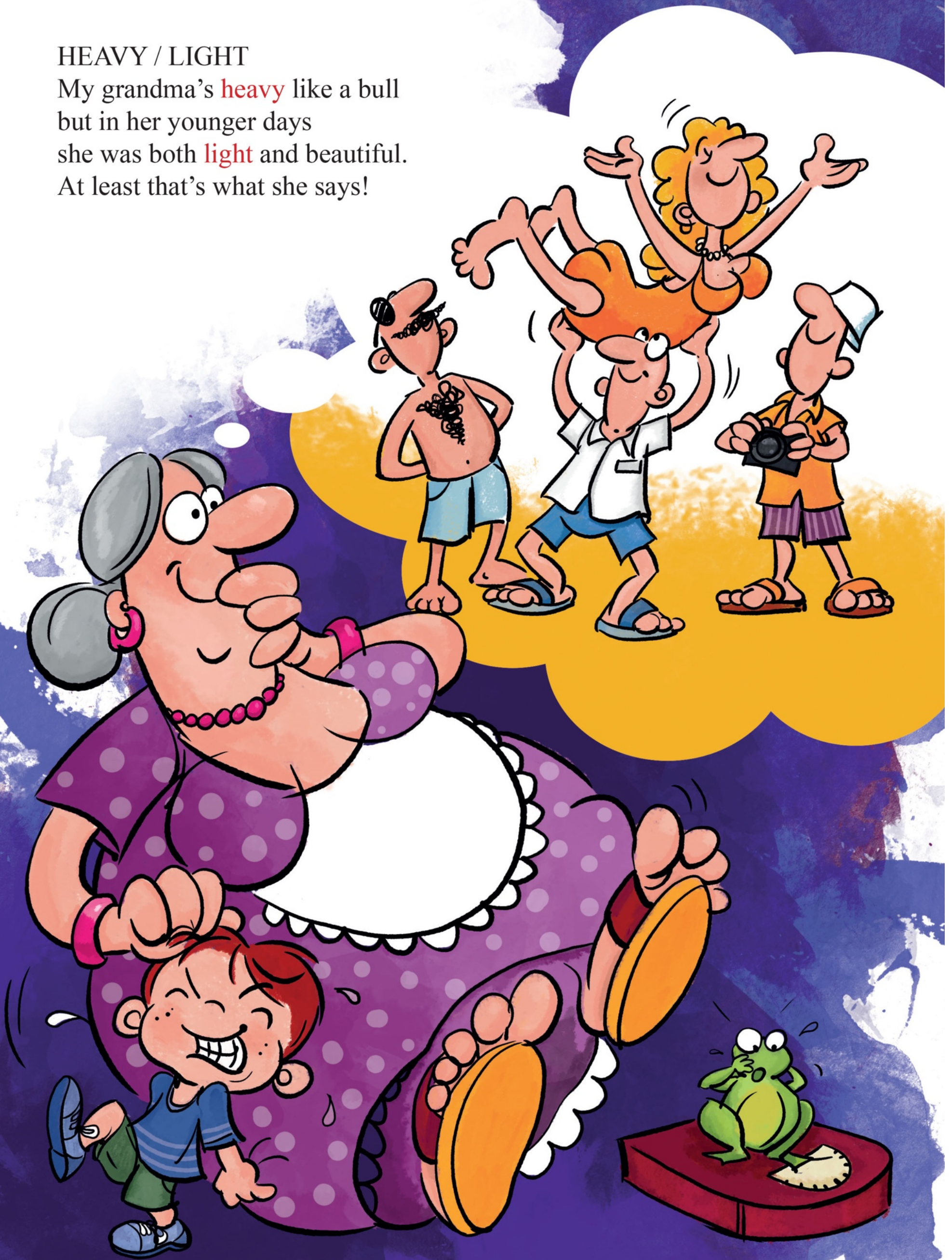
It's **normal** to eat jam and eggs  
or buckets full of plums  
but really **crazy** to eat legs  
or pockets, beards or thumbs.





## HEAVY / LIGHT

My grandma's **heavy** like a bull  
but in her younger days  
she was both **light** and beautiful.  
At least that's what she says!







### SOFT / HARD

My skin is **soft** but stones are **hard**.  
I learned from my friend Ray.  
Because he pushed me at the start  
when first we met to play.





YOUNG / OLD

When **young** you like to laugh and run  
but when you're **old** you're weak.  
In stead of having lots of fun  
you sleep and snore and squeak.





## PRAISE / SCOLD

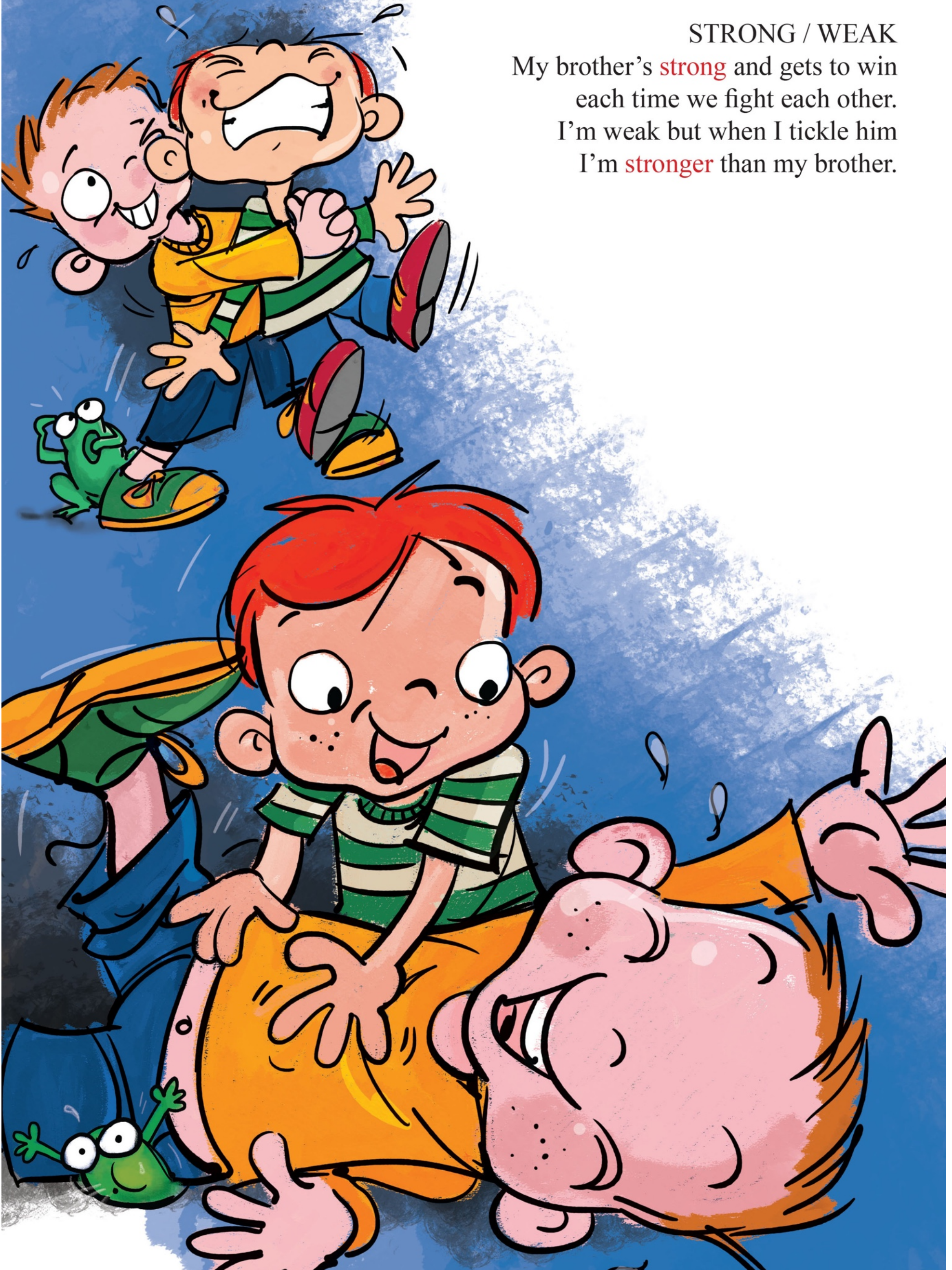
My parents **praise** us every day  
for being nice and good  
but also **scold** us if we play  
too often with our food.





STRONG / WEAK

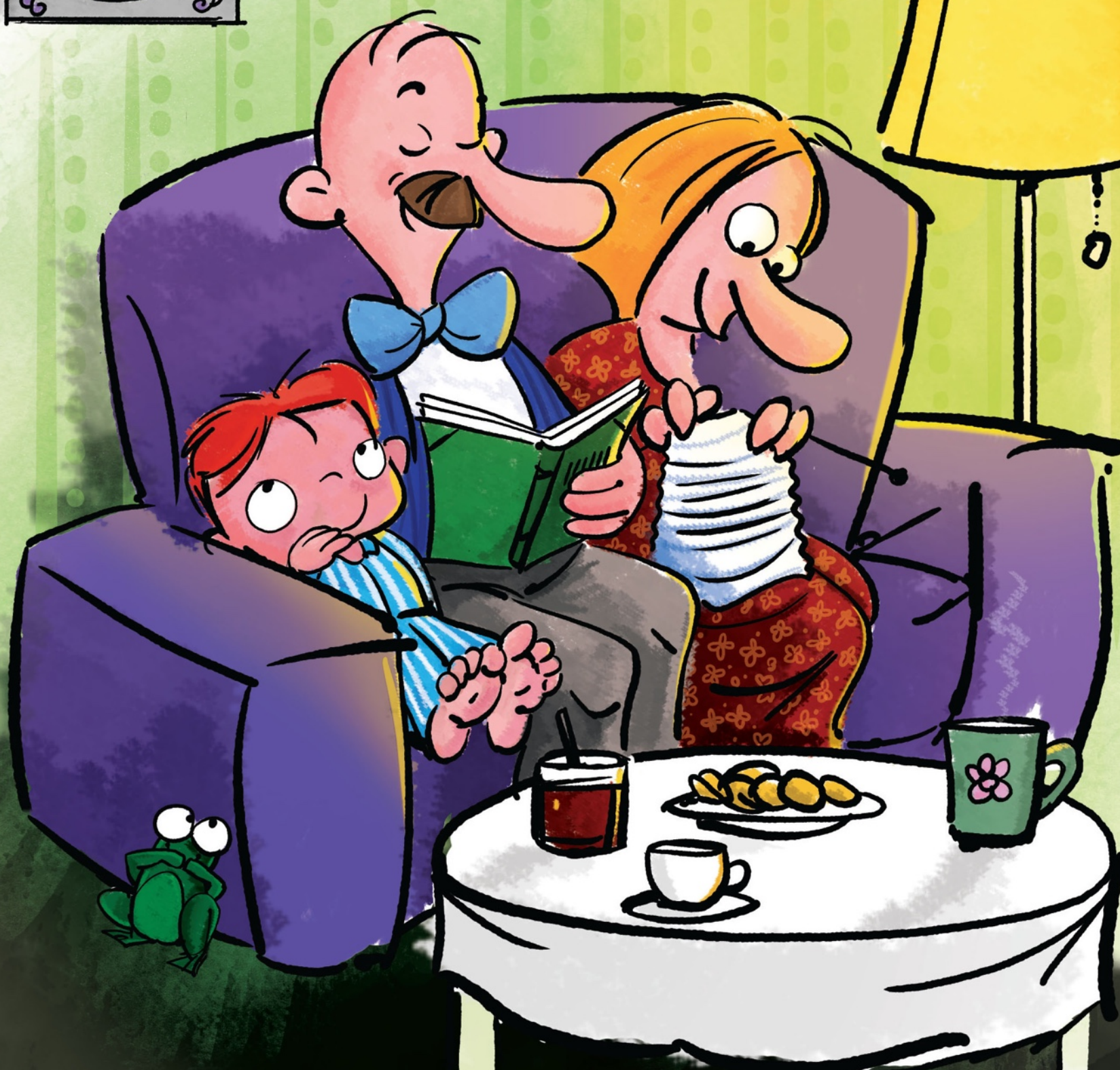
My brother's **strong** and gets to win  
each time we fight each other.  
I'm weak but when I tickle him  
I'm **stronger** than my brother.





## NOISY / QUIET

I'm **noisy** all day long - you see:  
I jump around the house.  
But when it's bedtime I can be  
as **quiet** as a mouse.







HATE / LOVE

I **hate** it when my dad's away  
or when he acts unfair.  
But **love** it when he comes to play  
and throws me in the air.



ANGRY / GLAD

My mom gets **angry** if I shout  
or when I'm being bad.

But when I'm nice in stead of loud  
she'll hug me and be **glad**.





## UP / DOWN

At home we often fight and fuss  
and yell at one another.

It's always **up** and **down** with us  
but still we love each other!





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# MY FAMILY UP & DOWN<sub>S</sub> SYNONYMS

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Michael Domino





## THROW / TOSS

My baby brother **tosses** bread  
across the kitchen floor  
and **throws** his porridge at my head  
before he asks for more.





FRIEND / PAL

I have a **friend** who likes to walk  
to cycle and to chase.

My other **pal** just wants to talk  
and only moves his face!



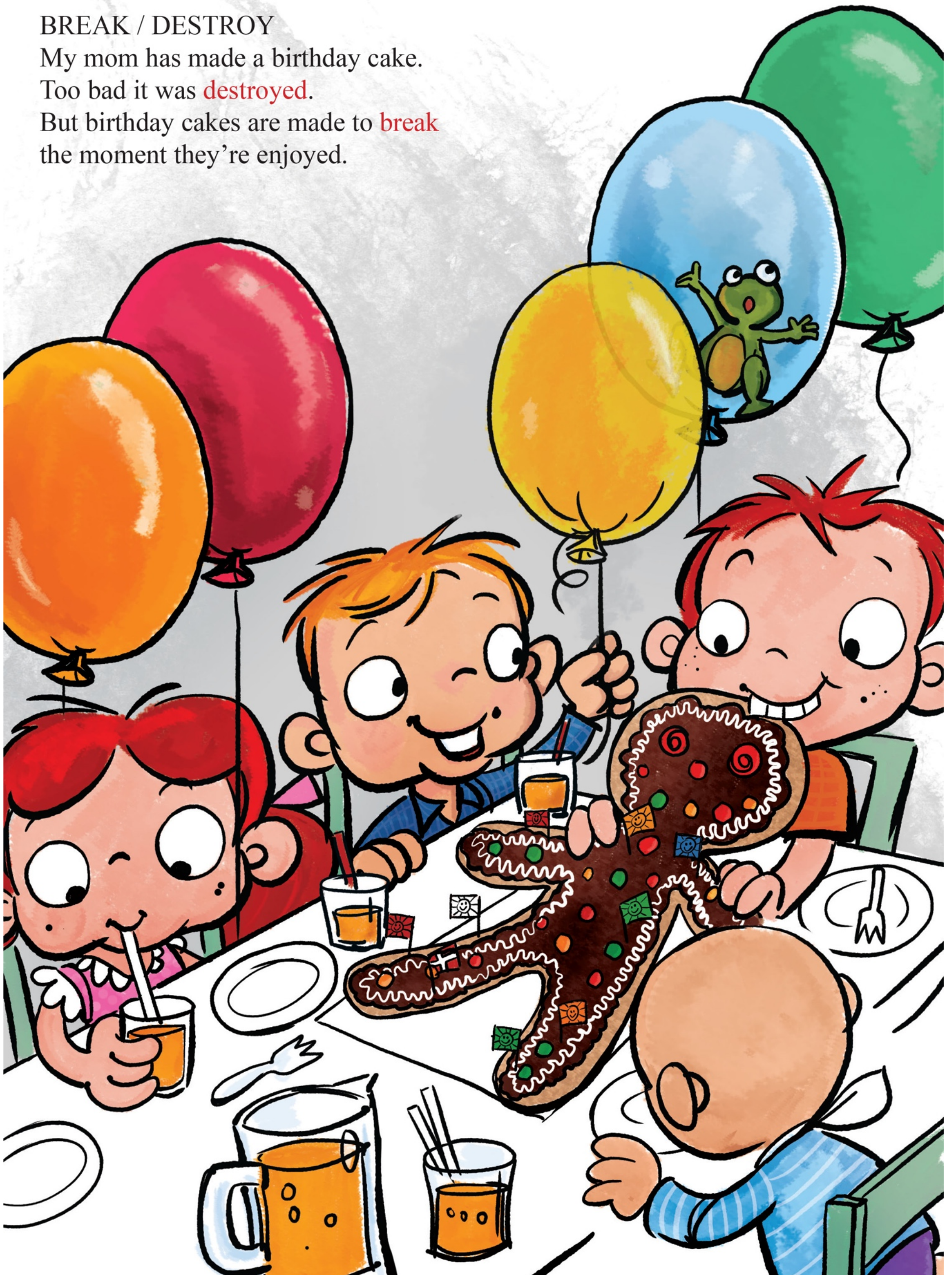


BREAK / DESTROY

My mom has made a birthday cake.

Too bad it was **destroyed**.

But birthday cakes are made to **break**  
the moment they're enjoyed.

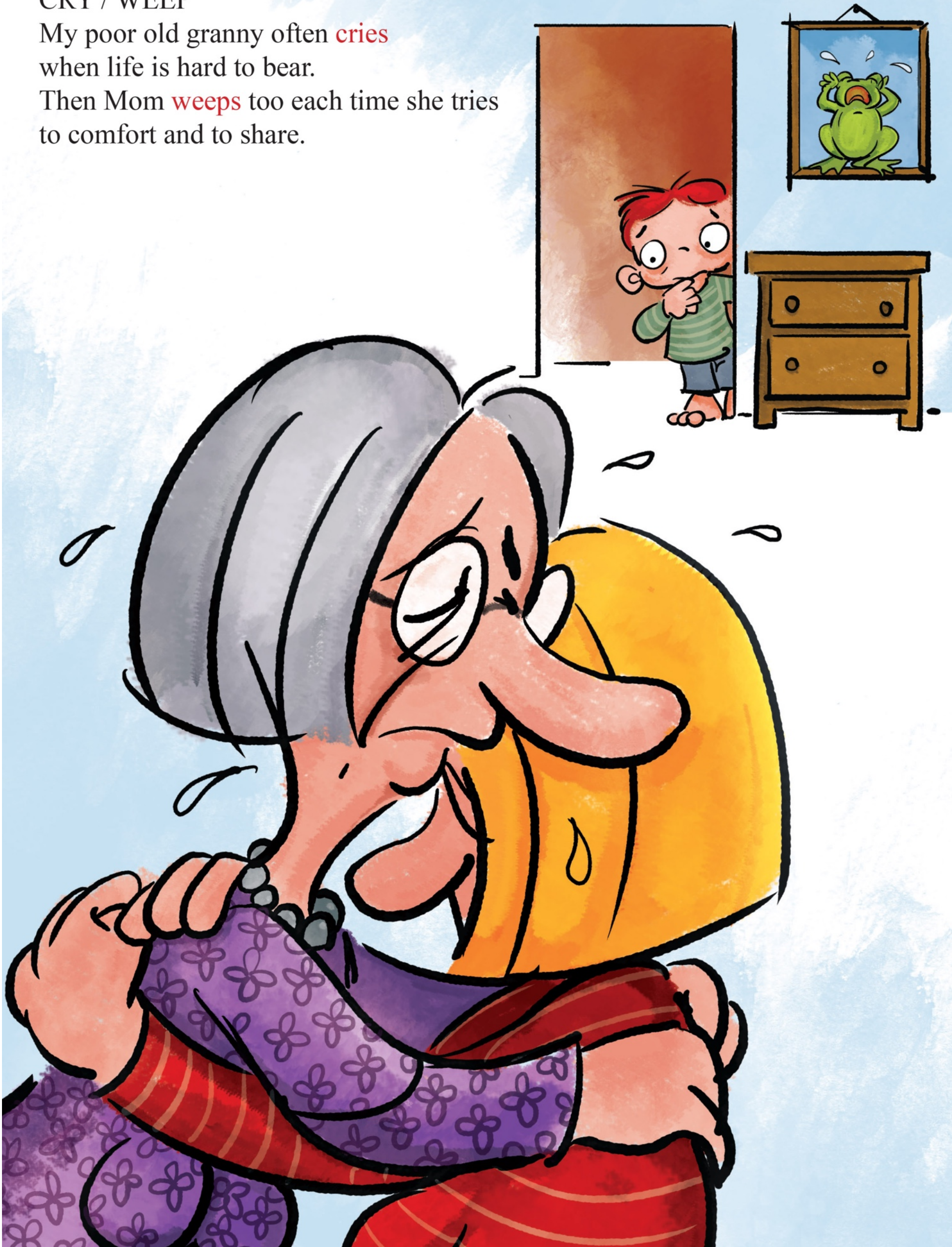




CRY / WEEP

My poor old granny often **cries**  
when life is hard to bear.

Then Mom **weeps** too each time she tries  
to comfort and to share.





## HEAVEN / SKY

It's far to **heaven** - heaven knows!  
But when I swing up high  
It feels like - when I stretch my toes -  
I almost touch the **sky**.





STEAL / TAKE

My granny says: "To **steal** is bad no matter what you **take**".

I guess she never told my dad - sometimes he steals a cake.





JOB / WORK

My grandpa has the greatest **job**  
he owns a bakery.  
I hope his **work** will never stop  
I get my rolls for free!





LIFT / CARRY

My baby brother has his fun  
each time we **lift** him up.  
But when my daddy **carries** mom  
she screams to make him stop.





## WEIRD / STRANGE

My great grandma is very **weird**  
she does the **strangest** things.

Today she flew around and cheered  
believing she had wings.





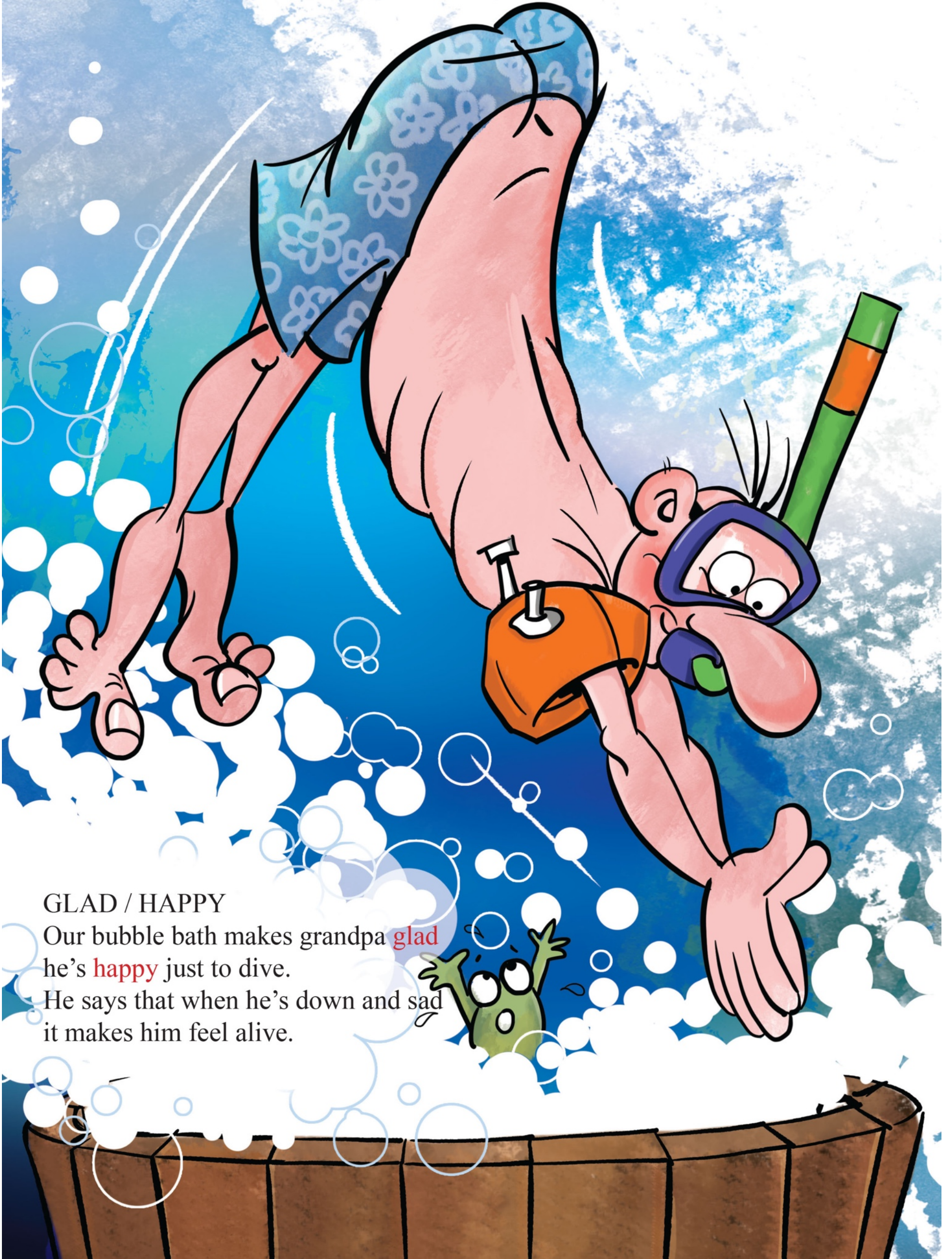
## GOOD AT / SKILLED

My sister's **good** at hearing pop  
and watching the TV.

But when it comes to cleaning up,  
she's not as **skilled** as me







GLAD / HAPPY

Our bubble bath makes grandpa **glad** he's **happy** just to dive.

He says that when he's down and sad it makes him feel alive.





## TURN / SPIN

I love when pancakes toss and **turn**  
and **spin** around so funny.

They sometimes break while others burn  
but BOY do they taste yummy!



## SLEEPY / TIRED

It makes me **sleepy** when I've had  
a very funny day  
but also **tired** when I'm sad  
that no one came to play.





DISAPPEAR / BE GONE

I like to see the yellow sun  
go down and disappear.

I'm not afraid 'cause when it's gone  
my mom and dad are here.

