



IT'S OPPOSITE DAY SONG



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It's opposite day when the lift goes up,
It's opposite day when the lift goes up,
It's opposite day when the lift goes up,
Now we have reached our lowest string!

So let's open the door to go out to explore,
The floor, that we've landed on.
So let's close the door to go back to explore,
Another floor!

It's opposite day when the lift goes down,
It's opposite day when the lift goes down,
It's opposite day when the lift goes down,
Now we have reached our highest string!

So let's open the door to go out to explore,
The floor, that we've landed on.
So let's close the door to go back to explore,
Another floor!

(And when you're ready to finish, complete with:
That's all!)



Objectives:

- To create an awareness of the alignment of the right arm, wrist and hand.
- To understand that the arm needs to adjust in height as you change strings.
- To allow the arm to extend out to draw a bow in the upper half, whilst keeping the arm at the same level as the string.

IT'S OPPOSITE DAY DISCUSSION POINTS TO USE WITH YOUR STUDENTS

- Look at the shape of the bridge. How close together are the strings? Is the bridge the same height across the top, or higher or lower in places?
- Put your bow at the balance point on the E string. Align your arm, wrist and hand in front of the mirror. Check to make sure there are no bumps in the wrist.
- See how far you need to raise the right arm, in order to arrive safely at the next string, but whilst still maintaining the alignment between the arm, wrist and hand.
- Point out that the arm became higher, but question whether the sound of the string got higher too? As the arm gets higher again, do the strings get deeper or higher in pitch? The answer is why the song is called 'It's opposite day'.
- In section B of the song, encourage the opening of the arm from the elbow, whilst allowing the arm to stay on it's current level/height. Then close the forearm on the up bow to close the lift door.
- If the lift door becomes jammed (at the elbow), make a joke about the door not opening and everyone getting stuck! They want to go out and explore the entire floor in front of them.
- Allow for longer pauses in the music as you change string. Make funny noises to show the lift ascending/descending.
- End with "That's all" when you've finished exploring!



It's Opposite Day Song!

It's opp- o- site day when the lift goes up, It's opp- o- site day when the
lift goes up, It's opp- o- site day when the lift goes up, Now we've reached our
low- est string! So let's o- pen the door to go out to ex- plore, The floor, that we've
land- ed on. So let's close the door to go back to ex- plore, An- oth- er
floor. It's opp- o- site day when the lift goes down, It's
opp- o- site day when the lift goes down, It's opp- o- site day when the
lift goes down, Now we've reached the high- est string! So let's o- pen the door to go
out to ex- plore, The floor, that we've land- ed on. So let's close the door to go
back to ex- plore, An- oth- er floor (That's all.)