

Opposites Day/Backwards Day Menu & Activities

Opposites Day = January 25th/Backwards Day = January 31st

Main Dishes

Breakfast for Dinner/Dinner or Dessert for Breakfast/Dessert before Dinner, etc.

[Upside Down Meatloaf](#)

[Popover Pizza](#)

Arrange the meal into a cake form... Spaghetti or [Meatloaf Cake](#) w/[Mashed Potato Icing](#) or meatloaf cupcakes... the possibilities are endless!

Desserts

[Chocolate Cake](#) with [white icing](#) or a white cake with chocolate Icing

[Hot Cocoa](#) with Ice Cream

Ice cream with the cone on top

[Pineapple Upside Down cake](#)

[Blonde Brownies](#)

Special Holiday Meals

Activities:

Wear your clothes backwards or inside out, *shoes on the wrong feet might be painful though*

Say your ABCs backwards.

Have a backwards dinner menu, or start with dinner for breakfast.

Write with your opposite hand.

Wear pajamas all day and wear your regular clothes to bed.

Learn about opposites, antonyms, palindromes, etc.

Games:

Have an [Opposite Day Scavenger Hunt](#).

Play [Opposite Day Bingo](#).

Have a Race where you run backwards and the last person is the winner!

Movies:

Please review these and use at your own discretion as I have not seen many of them myself.

- Opposites Day
- Freaky Friday