Yin-Yang

Yin and Yang symbols represent the perfect balance of opposite energies in nature. One idea is that the "yang" means "sunny" so it represents "day." The "yin" means "shady" and represents "night." This theory has been a part of Chinese culture for thousands of years.

Write a list of antonyms (opposite meaning words) in the columns. Think of feelings, actions, activities, weather etc. then draw a picture of the yin-yang symbol in the box.

Yin	Yang
night	day
sad	happy

Yin-Yang symbol