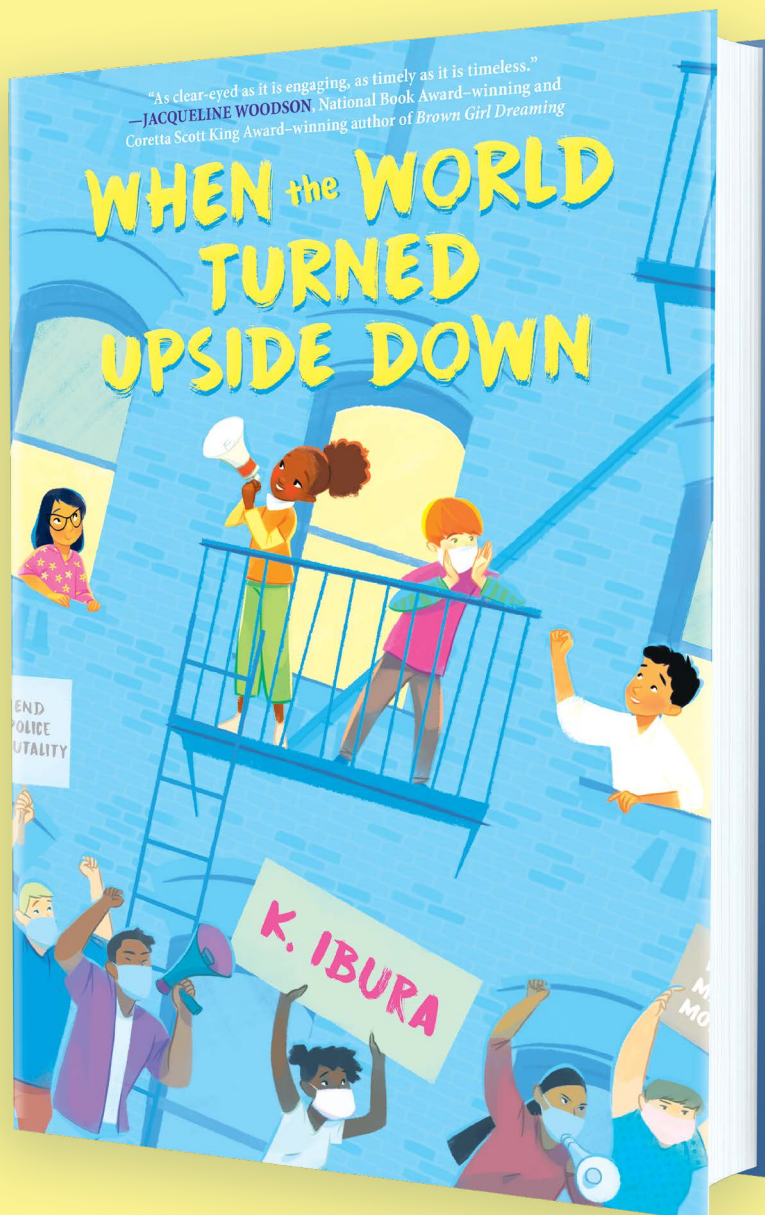


ACTIVITY GUIDE

WHEN THE WORLD TURNED UPSIDE DOWN

BY K. IBURA



AGES 8-12
GRADES 3-7

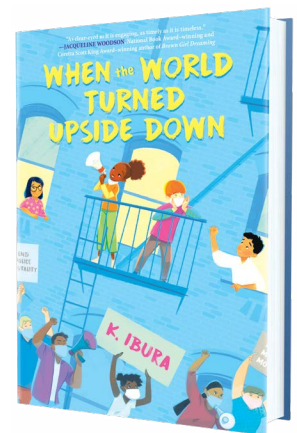
IDENTITY AND REFLECTION WORKSHEET

Each of the characters in *When the World Turned Upside Down* has their own unique experience, their own perspective, and their own identity. As the story progresses, each character examines their place in the world and what they can bring to help make positive change.

YOUR IDENTITY ALSO MATTERS! Use the prompts below to explore who you are, how you fit into the world, and what actions you can take.

JOURNALING AND DISCUSSION PROMPTS

- What are important parts of your identity?
- How are parts of your identity supported by the people around you?
- How are parts of your identity not supported by the people around you?
- What if none of your identity was supported by the people around you? What would that feel like?
- How can your teacher and your classmates support your identity?
- How can you support other people's identities?



POETRY AND COMMUNITY WORKSHEET

The characters in *When the World Turned Upside Down* each learn more about themselves and one another over the course of the events in the book, and they learn how to speak up and speak out. One way to express yourself is through writing and poetry. Try using the words and format here to create a poem of your own, or create an entirely new poem in any style you like (tip: Poetry does not always have to rhyme!)



WORD BANK

Use these words from the book or add your own when completing the fill-in poems here!

ADJECTIVES (DESCRIPTIVE WORD)

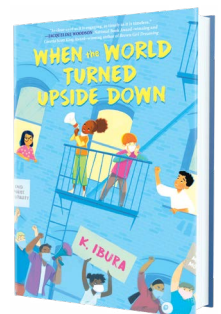
active	happy
adventurous	helpful
alert	independent
brave	joyful
careful	magical
creative	quiet
curious	safe
enthusiastic	silly
friendly	smart
funny	strong
generous	thoughtful
gentle	vocal

NOUNS AND PLURAL NOUNS (PERSON, PLACE, OR THING)

ancestor	friendship
change-maker	fun
friend	ideas
helper	independence
protector	kindness
teacher	light
sibling	love
student	music
conversation	safety
books	song
change	sunshine
excitement	support

VERBS (ACTION WORD)

care	play
cheer	read
create	sing
dance	shout
defend	speak
imagine	support
invent	transform
laugh	volunteer
listen	wish
march	write



POETRY AND COMMUNITY WORKSHEET

ABOUT ME

I am a person who is _____, _____, and _____.
adjective adjective adjective

I like to _____, _____, and _____.
verb verb verb

The world moves with me when I _____, _____, and _____.
verb verb verb

I need _____, _____, and _____ to grow.
noun noun noun

I bring _____, _____, and _____ everywhere I go.
noun (personality trait) noun (personality trait) noun

EVERYONE MATTERS

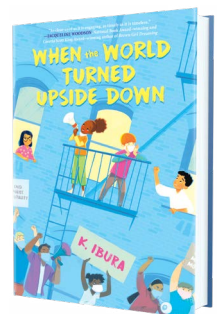
I show I matter by _____.
-ing verb

I show other people they matter by _____.
-ing verb

I show the world what I believe by _____.
-ing verb

I will always be a _____ in my family and a _____ in my school
noun noun

community, a _____ in my neighborhood, and a _____ in the world.
noun noun



ANXIETY AND SELF-CARE WORKSHEET

Anxiety is a feeling of worry, nervousness or unease. It is usually connected to a thought, a fear, a situation, or an event with an uncertain outcome. Everyone experiences anxiety. But everyone handles it differently.

WHEN I EXPERIENCE ANXIETY, I FEEL:

☐ Thoughts Racing ☐ Sweaty Palms ☐ Chills ☐ Stomach Cramps ☐ Other

SOME THINGS THAT MAKE ME ANXIOUS ARE:

☐ New Experiences ☐ Tests ☐ Talking in Front of Others
☐ Not Knowing the Answers ☐ Other _____

WHEN I'M ANXIOUS, I WISH I COULD:

SELF-CARE SUGGESTIONS

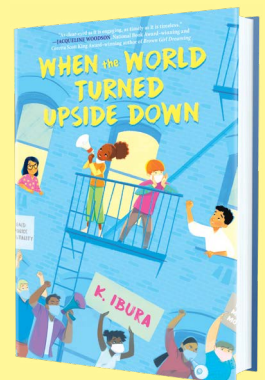
Studies have shown different strategies can help with anxious thoughts and feelings. Try some of these actions when you feel anxious and notice which ones help and which ones don't.

PRACTICE MINDFULNESS! Ask a grown-up for help finding and practicing meditation exercises or yoga. See if there's a style you like best.

TAKE A DANCE/SONG BREAK! Find a song you love and get moving. Try to keep the beat with your feet, hands, or head. Or try dancing ONLY with your feet, shoulders, or fingers!

START A JOURNAL! Write out your thoughts or draw them—see if you prefer to use pen and paper. Try journaling in different places to see if there's a spot that helps you focus and calm yourself.

TALK IT OUT! Find a trusted friend or grown-up and ask them if you can talk to them about some things you're worried about. Be clear and let them know if you would like help solving a problem or if you want them just to listen. Sometimes sharing your thoughts can help ease your mind.



PRAISE FOR WHEN THE WORLD TURNED UPSIDE DOWN

“[P]oignant . . . Ibura’s novel highlights many of the challenges children have faced during the pandemic while showing how, even in the midst of uncertainty and injustice, anyone can take a step in the right direction. A heartwarming call to action.”

—*Kirkus Reviews*

“Readers will appreciate the diverse representations as well as the individualism of Ai, Ben, Liam, and Shayla . . . A timely and accessible look at the pandemic that will appeal to readers of realistic fiction and fans of Jewell Parker Rhodes and Kelly Yang.”

—*Booklist*

“*When The World Turned Upside Down* is as clear-eyed as it is engaging, as timely as it is timeless. I fell in love with every single student in this book. And days after reading it, each of them remains with me.”

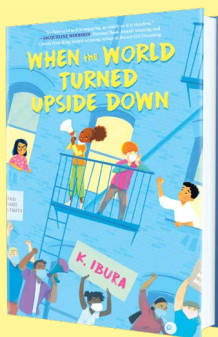
—*Jacqueline Woodson, National Book Award-winning author of *Brown Girl Dreaming**

“A beautifully written story that will inspire young readers to work for positive change even in times of turmoil and stress. This book reminds readers that all of us can make an impact and find ways to shine bright.”

—*Angela Cervantes, author of Pura Belpré Honor Book *Lety Out Loud**

“During the time of quarantine and dealing with COVID-19, the world stopped. This modern contemporary novel deals with these issues, as well as how families and friends can come together to help each other during tough times . . . This timely novel will surely strike a chord with readers and I highly recommend it.”

—*Book Riot*



About the Book:

Nobody expected a tiny little virus to change the whole world in such a big way, especially not Shayla, Liam, Ai, and Ben. But when school closes to keep everyone safe, their lives turn upside down. It is one thing to learn that the outside world isn't safe, but why does it seem that the virus is causing trouble inside their homes too?

As they each struggle to adjust to life in quarantine, they discover they are not alone: Their apartment building is full of people who need their help. Working together, they begin to see that there is power in numbers. When they cooperate, they can ease each other's challenges and help their neighbors through tough times. It's a lesson they'll need when protests explode in the streets. Soon, each friend has to decide what it means to be part of a community—and how much they're willing to do to make this world safer for everyone.

HC: 9781338746266 • \$17.99 • Also available in ebook and audio • Ages 8 to 12, Grades 3 to 7

About the Author:

K. Ibura was born as the middle child in a family of seven (five kids plus parents!) in New Orleans, Louisiana. When they weren't disagreeing about everything, K. Ibura and her siblings played competitive rounds of jacks and a card game called Crazy Eights. They also built insane obstacle courses throughout the house involving stacked chairs, sheets, and timers. Her parents were independent thinkers who filled the home with music, culture, and strong principles. Today, she lives in Brooklyn, where she makes art, writes, and does puzzles while her daughter cheers her on. To learn more about K. Ibura and her writing, visit kiburabooks.com.



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