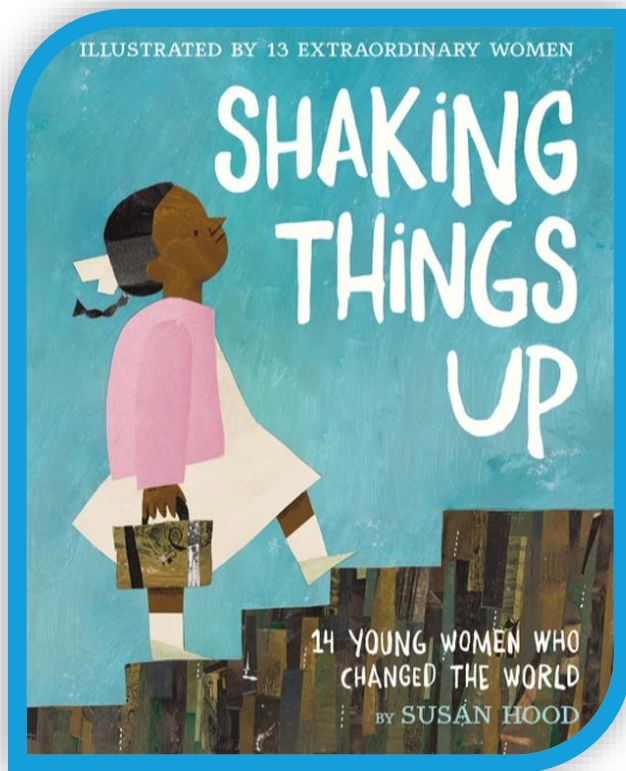




Book of the Month

Presented by ADL's Education Department

About the Book of the Month Parent/Family Discussion Guide: This collection of featured books is from Books Matter: The Best Kid Lit on Bias, Diversity and Social Justice. The books teach about bias and prejudice, promote respect for diversity, encourage social action and reinforce themes addressed in education programs of [A World of Difference® Institute](#), ADL's international anti-bias education and diversity training provider. For parents, guardians and family members, reading the books listed on this site with your children and integrating the concepts into your interactions with them is an excellent way to help children grapple with and learn about these important principles.



Shaking Things Up: 14 Young Women Who Changed the World

Susan Hood (Author)

ISBN: 978-0062699459

Publisher: Harper Collins

Year Published: 2018

Age Range: 4–8

Book Themes

Gender, Women, Sexism, Poetry, Social Justice

About the Book

This book introduces fourteen revolutionary young women—each paired with a noteworthy female artist—to the next generation of activists and trailblazers. In this book of poems, you will find Mary Anning, who was just thirteen when she unearthed a prehistoric fossil. You'll meet Ruby Bridges, the brave six-year-old who helped end segregation in the South. And Maya Lin, who at twenty-one won a competition to create a war memorial, and then appeared before Congress to defend her right to create. This poetry collection was written, illustrated, edited, and designed by women and includes an author's note, a timeline, and additional resources.

Conversation Starters

Whether you read the book along with your child (and we strongly encourage reading the poems aloud) or your child reads it on their own and you discuss it later, use these open-ended questions to deepen the conversation. Remember not to judge their responses and to listen thoughtfully and engage in a conversation that helps them expand upon their understanding of the book and its themes.

The questions below include general questions you can ask about each poem as well as questions about the book overall.

- How did you feel while hearing or reading the poem?
- What did you learn about the featured woman?
- What more do you want to know about her?
- How did she change the world?
- What was different during this time period? What connections can you draw to our time?
- What words and phrases did the author use that stand out to you? Why do you think the author chose to use those words? Do you notice any patterns in the words, letters or sounds of the poem?"
- What symbols, images, words and rhythms were used?
- What are some similarities and differences between the women?
- Which of the women could you most relate to and why?
- Have you ever wanted to change the world in some way? How so?
- Why do you think the author chose to use poetry to share information about the young women?
- What is the overall message of the book?

Talking Points

Below are some important considerations that will make this a learning opportunity for your child and your family.

1. Changing the World

Talk with your child about one of the major themes of the book, "women who changed the world."

Talk with them about what it means to change the world for the better. Elicit some examples from the book about how some of the women did this. Explain that there are many ways change the world, as illustrated in the book. Some examples include breaking a gender or other barrier (i.e., doing something a woman never did before), fighting for the rights of yourself and others, inventing or discovering something important, overcoming obstacles, helping others, showing great courage, etc. Share additional examples of people in your own life (or yourself) who felt it was important to change something and what they did about it and ask your child if they know anyone who worked to change something. Ask your child to identify something in their school, community or world that they think needs changing, what that is, and their ideas for changing it.

2. Women's History Month

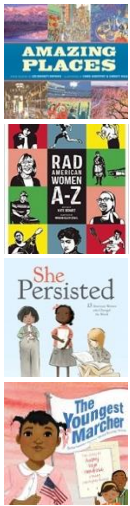
Ask your child why they think the author chose to focus on young women. Explain that sometimes we focus on women only because women are often excluded from history and as a result, we haven't learned enough about their achievements and accomplishments. Explain that March is Women's

History—an annual celebration of the history, achievements, and contributions of women and girls. Explain that the reason a month is dedicated to honoring women is because sometimes when history is discussed and taught, girls and women are left out or only a few women are included. This is due to sexism, bias, and exclusion. The same is true for other themed months like Black History Month and Native American Heritage Month. If interested, together engage in some additional reading or watch programming to learn more about Women's History Month, using [National Geographic Kids](#), [History, Scholastic](#) and [Mommy Nearest](#) and other books and web resources.

3. Power of Poetry

Talk with your child about the genre of poetry, which is used throughout the book. Ask them why they think the author used poetry to convey information about these women and how they changed the world. Elicit ways in which the poems are different and similar from each other. Ask your child if they are studying and/or writing poems in school, what they like or don't like about poetry and how poetry is different than other types of creative writing. After reading some of the poems in the book, seek out other poems by reading the books listed in "Other Books You Might Like," [Poems for Kids](#) or [10 Wonderful Children's Poets You Should Know](#). You may also consider listening to audio recordings of poems read aloud, subscribing and listening to poetry podcasts or writing your own poems. You could also have a poetry night at your home where you read aloud your favorite poems.

Other Books You May Like



Amazing Places by Lee Bennett Hopkins (Compiler), www.adl.org/education/educator-resources/childrens-literature/amazing-places

Rad American Women A-Z: Rebels, Trailblazers, and Other Visionaries Who Shaped Our History...and Our Future by Kate Schatz, www.adl.org/education/educator-resources/childrens-literature/rad-american-women-a-z-rebels-trailblazers-and

She Persisted: 13 American Women Who Changed the World by Chelsea Clinton, www.adl.org/education/educator-resources/childrens-literature/she-persisted-13-american-women-who-changed-the

The Youngest Marcher: The Story of Audrey Faye Hendricks, A Civil Rights Activist by Cynthia Levinson, www.adl.org/education/educator-resources/childrens-literature/the-youngest-marcher-the-story-of-audrey-faye

ADL Additional Resources

The following are curriculum and resources on people, identity and culture, social justice and elections.

Curriculum Resources

7 Ideas for Teaching Women's History Month, www.adl.org/education/educator-resources/lesson-plans/7-ideas-for-teaching-womens-history-month.

Websites

Parent, Family and Caregiver Resources

www.adl.org/education/resources/tools-and-strategies/parent-family-and-caregiver-resources

Strategies, tips, guiding principles and resources to help parents, family members and caregivers impart values and principles to the children in their lives.

Table Talk: Family Conversations about Current Events

www.adl.org/education/resources/tools-and-strategies/table-talk

Provides the tools parents and family members need to engage their families in conversations about important news stories and other timely discussions about societal and world events. Includes discussion guides containing a topic summary, questions to start the conversation and dig deeper, ideas for taking action and additional resources. See "[Kids, Allowance and Gender](#)" and "[Why We Need Diverse Books](#)."

Toward Communication Free of Gender Bias

www.adl.org/education-outreach/curriculum-resources/c/toward-communication-free-of.html

Guidelines to help in the transition toward a more inclusive and less gender-biased language.

The Question Corner: Early Childhood FAQs

www.adl.org/education/resources/tools-and-strategies/question-corner

A collection of answers to frequently asked questions about anti-bias issues faced by early childhood professionals and family members interested in promoting respect for diversity among young children. See "[How Can I Prevent Gender Bias in Young Children?](#)" for tips and strategies on how adults can create fair and gender-equitable environments for young children.

Women's History Month Resources

www.adl.org/education/resources/tools-and-strategies/womens-history-month-resources

A list of PreK-12 curriculum and other educational resources to bring Women's History Month to classrooms and schools.

Children's Books

Below are links to lists of recommended anti-bias and multicultural books for the indicated category.

Gender and Sexism, [www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?childrens-lit-select-all-3=1&tid\[171\]=171&tid\[172\]=172&tid\[173\]=173&tid\[174\]=174&tid\[175\]=175](http://www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?childrens-lit-select-all-3=1&tid[171]=171&tid[172]=172&tid[173]=173&tid[174]=174&tid[175]=175)

Social Justice: Women's Rights, www.adl.org/education-and-resources/resources-for-educators-parents-families/childrens-literature?tid%5b237%5d=237