



YOU HOLD ME UP: BOOK STUDY QUESTIONS

These book questions are designed to accompany a deep reading of the focus book. We recommend the following steps:

1. Read the focus book once through.
2. Read the focus book again and go through the Book Study Questions reflecting on each one. You may want to answer these by typing up your responses, handwriting into a journal, or even thinking through your responses as you go.
3. Share your book, your thinking, your curiosity, and the discussion questions with other readers (young or grown).

Note: You will see that each question has a correlated learning objective that aligns with the [Learning for Justice Social Justice Standards](#). More on that in Module 4.

AN IDENTITY EXERCISE

- [FOR YOUR SECOND READ THROUGH] Name as many of your group identities as you can. Make a list, a web, or some other shape. Use any of the following resources to support this exploration [IDENTITY.K-2.1](#)
 - Identity video: [Identity and Values Video](#)
 - Social Identity Lists: [Social Identities](#), [The Big 8 Identities](#)
 - Identity Activities: [Social Identity Wheel](#), [Identity Self Portrait](#)
 - Make sure you touch on race and ethnicity¹ as part of this exercise. These concepts are integral to understanding this story.
- [FOR YOUR SECOND READ THROUGH] Think about the list of group identities you have come up with. How might these impact the way you read in general? The way you understand this particular story? The way you choose books? The way you process your reading? [IDENTITY.K-2.1](#)

¹ Read [this article](#) on what "race" means and what "ethnicity" means. Remember that race is socially constructed rather than biological and yet it still impacts our lived experiences in very real ways.



WHILE READING

Note: Questions are designed to accompany a particular quote and picture pairing starting from the book's beginning and going in sequence.

"You hold me up when you are kind to me."

- What do you see in the first picture? How does it make you feel? [REFLECTION](#)
- What are the characters doing? What is one of your favorite dishes to prepare or eat with friends or family? [REFLECTION](#)
- What does kindness feel like to you? How do you show other people kindness? Do all people show kindness in the same way? [IDENTITY.K-2.5](#)

"When you share with me..."

- What do you see in this picture? [REFLECTION](#)
- What is something you have shared or would like to share? When is it most important to share with others? [DIVERSITY.K-2.6 & ACTION.K-2.16](#)

"When you learn with me..."

- Who do you see in the picture? How are the characters similar? How are they different? How are you similar to and different from the characters? [DIVERSITY.K-2.7](#)
- What is your favorite way to learn? Do you like to read? Dance? Play with others? Talk? Make things? [REFLECTION](#)



“You hold me up when you play with me.”

- What are the two characters in the picture doing? What is your favorite way to play with a parent, auntie, grandmother, or other grown-up caregiver?

[REFLECTION](#)

- What is a way you like to play with other kids? Do all kids like to play in the exact same way? Why or why not? [IDENTITY.K-2.5](#)

“When you laugh with me...”

- What makes you laugh? [REFLECTION](#)

“When you sing with me...”

- Do you sing alone? Do you sing with friends or family? How does it feel when you sing? [REFLECTION](#)

“You hold me up when you comfort me...”

- What is something or who is someone that comforts you when you are scared, anxious, or sad? [REFLECTION](#)
- Is every person comforted in the same way? How can you find out from another person what comforts them? [DIVERSITY.K-2.7](#) & [DIVERSITY.K-2.8](#)

“When you listen to me...”

- What does it mean to be a good listener? Why is listening so important? [REFLECTION](#)

“When you respect me...”

- What does it mean to respect another person? When do you feel respected by others? How do you show your respect? [DIVERSITY.K-2.6](#) & [DIVERSITY.K-2.8](#)