

## Backwards & Upside Down Day

(Target Audience: Ages 6–8)

Conduct the program in a backwards, upside down kind of way. Wear your clothes backwards...your shirt buttoned at the back, your jacket inside-out or your socks around your neck.

- Greet everyone with a great big “Good-bye! Thanks for coming!” and end the program with a “Hello! Great to see you today!”
- Walk around backwards, especially into the room.
- Change your Storytime area so that it’s mixed up too...hang the clock upside down, turn over a table or turn all of your display books the wrong way round.\*\*

\*\*Can be used for a game called “What’s the Big Mix-Up!?” (See below).

- Share some books, stories, and/or poems about people who do things in a mixed up way or that are simply about opposites.

Here are a few books and poems that you can share with your audience. Check your shelves for other possibilities.

*Amelia Bedelia, Bookworm* by Herman Parish

*The End* by David LaRochelle

*Henry and Amy: (Right-Way-Round and Upside Down)* by Stephen Michael King

*The Opposite* by Tom MacRae

*Silly Sally* by Audrey Wood

“Backward Bill” from Shel Silverstein’s *A Light in the Attic*

“The Folk Who Live in Backward Town” from Mary Ann

Hoberman’s *The Llama who had no Pajama: 100 Favorite Poems*

- Tell a familiar folk or fairy tale backwards, from the “They lived happily ever after” to the “Once Upon a Time....”

### Example:

The End. Goldilocks jumped out of the window and ran away. Just then Goldilocks woke up and saw the three bears looking at her. And Baby Bear said: “Somebody’s been sleeping in my bed and she’s still there!”...and so on.

(This will take lots of preparation and practice before your program!)

### Play a Backwards Game

### 1. “Reverse Simon Says”

When “Simon Says” to do something, you don’t do it or you will be out. (E.g. When “It” says “‘Simon Says’ jump on one foot.”, stand still. Then when “It” says “Jump on one foot.” You do it).

**OR**

When “Simon Says” to do something, you do the opposite or you will be out. (E.g. When “It” says “‘Simon Says’ hop on your left foot.”, you hop on your right foot).

### 2. “Unmusical Chairs”

When the music *starts* jump into a chair and *add* chairs after each round.

### “What’s the Big Mix-Up!”\*\*\*

Ask the children to identify everything in the room (including what you are wearing!) that is backwards, inside out or upside down.

### Make some upside down crafts

#### 1. “Shoe Hats”

- Take a large sheet of construction or heavy-stock paper and fold it in half.
- On one side, draw the outline of your favourite type of shoe (sneaker, stiletto, clown shoe, etc.).
- Cut around your outline so that you end up with two shoes (one from each side of the fold).
- Decorate your pair of shoes anyway you like with markers, crayons, glitter glue, stickers, etc. remembering that you will have a left and right shoe so you should only decorate one side of each cut-out.
- Glue the two shoes together, decorated sides facing out, toe to toe and heel to heel, making sure to only put glue on the two ends.
- Put your shoes on your head and have a “Backwards Day.”

## 2. “Hats for your Shoes”

- Cut a toilet roll in half.
- Cut out two circles from heavy-duty paper.
  
- Glue one half of each toilet paper roll onto the paper.
- Decorate to look like a jazzy top hat.
- Attach elastic cord to each “hat” by poking holes into opposite sides of the paper circle and tying the elastic to both sides.
- Put the hats on over your shoes and do an “Upside Down Dance.”