

NYPL After School Activity Guide


Kindergarten–3rd Grade

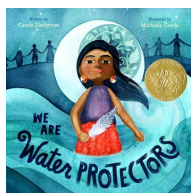


CARE

In this packet you'll find tips, books we love, and activities all about showing care. Caring means paying attention to the needs of others (as well as your own) and then doing something to help. Explore more at nypl.org/afterschool.

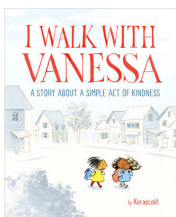
BOOKS WE LOVE

These books give us examples of how to show care to others and to ourselves. To check them out, place a hold online at nypl.org or call Ask NYPL (917-275-6975). If you are at a branch, ask a librarian how to place a hold. Books marked with a  are available as e-books.



We Are Water Protectors

by Carole Lindstrom, illus.
by Michaela Goade



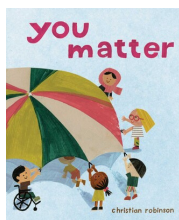
I Walk with Vanessa: A Story about a Simple Act of Kindness

by Kerascoët



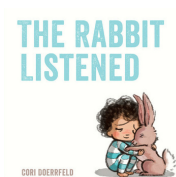
Evelyn Del Rey Is Moving Away

by Meg Medina, illus. by
Sonia Sánchez



You Matter

by Christian Robinson



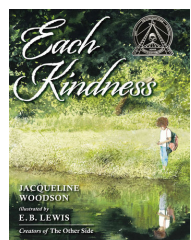
The Rabbit Listened

by Cori Doerrfeld



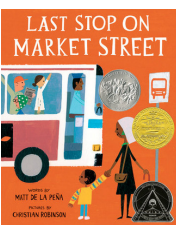
Be Kind

by Pat Zietlow Miller,
illus. by Jen Hill



Each Kindness

by Jacqueline Woodson,
illus. by E. B. Lewis



Last Stop on Market Street

by Matt de la Peña, illus.
by Christian Robinson



Malala's Magic Pencil

by Malala Yousafzai,
illus. by Kerascoët

QUICK TIPS

- Showing care for others means understanding what they need and how you can help them. One of the easiest ways to do this is by asking a question: Is there anything I can do to help you today?
- Notice the feelings and emotions of characters in the books that you read. What could you do to show care for them when they need help or are scared or sad?

SHOW CARE BY CREATING A FAMILY CARE CHAIN

The kind actions we take show how much we care about others. Track your family's impact by creating a chain of things you have done to help others. What results is a beautiful celebration of CARE in your home—the longer the chain, the greater your impact!

1. Cut along the dotted lines to create the strips that will make your chain.

2. On each strip of paper, write some of the things you and your family members have done for each other, and for the people around you. Big or small, every action matters! (Examples: helped to set the dinner table, said hello to our neighbor Mrs. Cole.)

3. Join the two hearts at the end of the first strip. This creates the first loop. Next, put the second strip through the first loop and join the hearts. Keep going!



Continue making your caring chain by using recycled paper for new strips! How long can you make it?

TIC-TAC-SHOW...CARE!

Choose to be X or O and do the “caring act” in order to take that space. The winner is the player with three in a row. Grab a pencil, paper, and a book and get ready to GO!



**Say something
nice about
your opponent**

**Ask your
opponent how
they are feeling
and why**

**Make your
opponent
laugh**

**Draw a picture
of your
favorite thing
to do together**

**Read a book
together**

Smile

**Give your
opponent a
high five**

**Tell your
opponent why
they are
awesome**

**Think of your
own caring act
and do it**

CARE FOR YOURSELF USING THIS CHART

Follow the arrows on this chart to choose an activity to do based on how you are feeling!

Bonus: The activities at the bottom can be done at any time no matter how you feel!

How are you feeling?

Upset

How is the weather outside?

It's beautiful!

Go outside and get some fresh air!
Observe your surroundings and explore.

It's not nice out.

Do you like to draw?

I do!

Pick a window in your home and draw what you see.
Is it daytime or nighttime?
Do you see any people or animals?

Not really

Read a good book!
Take your favorite book off the shelf or borrow a new title from the library!

Scared

Do you love to dance?

I do!

Time for a dance party!
Put on your favorite tunes, get up, and move!

That's not really my thing.

That's OK!
Find a special place to take a seat, close your eyes, and think about a place you would like to be.
Try to focus on taking deep breaths.

Sad

Is there anyone you can spend time with?

I'd rather be alone right now.

There is!

It sounds like a great time to spend some time with others!
Play a game together or take a nice walk.