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.

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?

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

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

Malala’s Magic Pencil
by Malala Yousafzai, illus. by Kerascoët

nypl.org/afterschool
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!

<table>
<thead>
<tr>
<th>Say something nice about your opponent</th>
<th>Ask your opponent how they are feeling and why</th>
<th>Make your opponent laugh</th>
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</thead>
<tbody>
<tr>
<td>Draw a picture of your favorite thing to do together</td>
<td>Read a book together</td>
<td>Smile</td>
</tr>
<tr>
<td>Give your opponent a high five</td>
<td>Tell your opponent why they are awesome</td>
<td>Think of your own caring act and do it</td>
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</table>
CARE FOR YOURSELF USING THIS CHART

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

How are you feeling?

Sad

- Is there anyone you can spend time with?
  - There is!
    - 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.
      - It sounds like a great time to spend some time with others!
      - Play a game together or take a nice walk.
  - I'd rather be alone right now.
    - That's not really my thing.
    - I do!
    - Time for a dance party!
      - Put on your favorite tunes, get up, and move!
      - It's not nice out.
        - Scared
          - Do you love to dance?
            - That's not really my thing.
              - I do!
              - That's not really my thing.
                - I do!
                - Do you like to draw?
                  - Not really
                    - Go outside and get some fresh air!
                      - Observe your surroundings and explore.
                    - That's not really my thing.
                      - 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!
                                - Is it daytime or nighttime?
                                  - Do you see any people or animals?
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