

# NYPL After School Activity Guide


4th–6th Grade



## APPRECIATE

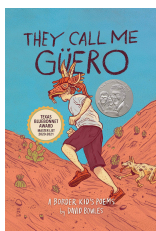
In this packet you'll find tips, books we love, and activities all about appreciation. Appreciation can mean showing gratitude or thinking about what you respect and value. If you create something you love, submit a picture of your work to our virtual gallery at [nypl.org/afterschool](https://nypl.org/afterschool).

## BOOKS WE LOVE

These books show characters learning how to appreciate parts of their life that they might not have valued before. They show us how appreciation can make our lives better. To check them out, place a hold online at [nypl.org](https://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.



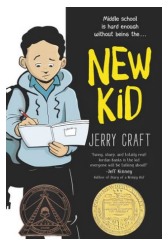
**Stargazing**  
by Jen Wang



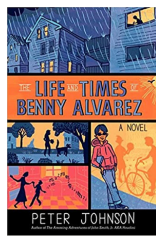
**They Call Me Güero: A Border Kid's Poems**  
by David Bowles



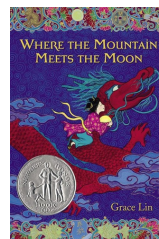
**Song for a Whale**  
by Lynne Kelly



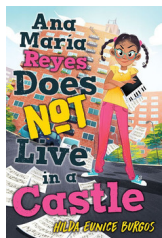
**New Kid**  
by Jerry Craft



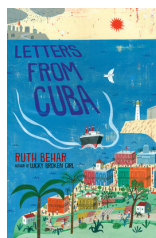
**The Life and Times of Benny Alvarez**  
by Peter Johnson



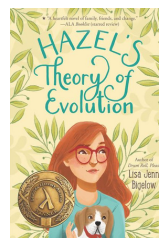
**Where the Mountain Meets the Moon**  
by Grace Lin



**Ana María Reyes Does Not Live in a Castle**  
by Hilda Eunice Burgos



**Letters from Cuba**  
by Ruth Behar



**Hazel's Theory of Evolution**  
by Lisa Jenn Bigelow



## QUICK TIPS

- What's a small act of kindness you can do for someone you appreciate? Make it a goal to show someone in your life an act of kindness every week. Be creative!
- Keep a gratitude journal where you write down three things each day that you appreciate and are grateful for.

# CREATE A JAR FULL OF JOY TO PRACTICE APPRECIATION

When we have a bad day it can be hard to remember the good things about life. For these times we are going to create a Jar Full of Joy! Remembering positive moments, or taking positive actions, can help us use joy and appreciation to cope with negative thoughts. Fill out the slips below and pull one from your jar as needed!



## Materials

- Pencil, pen, markers
- Glass jar (like a clean spaghetti jar) or other container
- Scissors
- Optional: ribbons, tape, stickers, or other items to decorate your container



## Steps

1. In the spaces below, answer each prompt.
2. Cut out the strips of paper and fold them in half. Put them inside your jar or other container.
3. Decorate your jar, bowl, or container with stickers, paper and tape, and/or ribbon.

\*\*\* *Extra Activity: Use another piece of paper to write down more things you are grateful for, or actions you could take to improve your mood. You can make as many as will fit in your container!*

My Favorite Quote

My Favorite Memory

My Favorite Foods

A Song That Makes Me Happy

*Listen to or sing that song now!*

My Favorite Things About Myself

Things I Am Good At

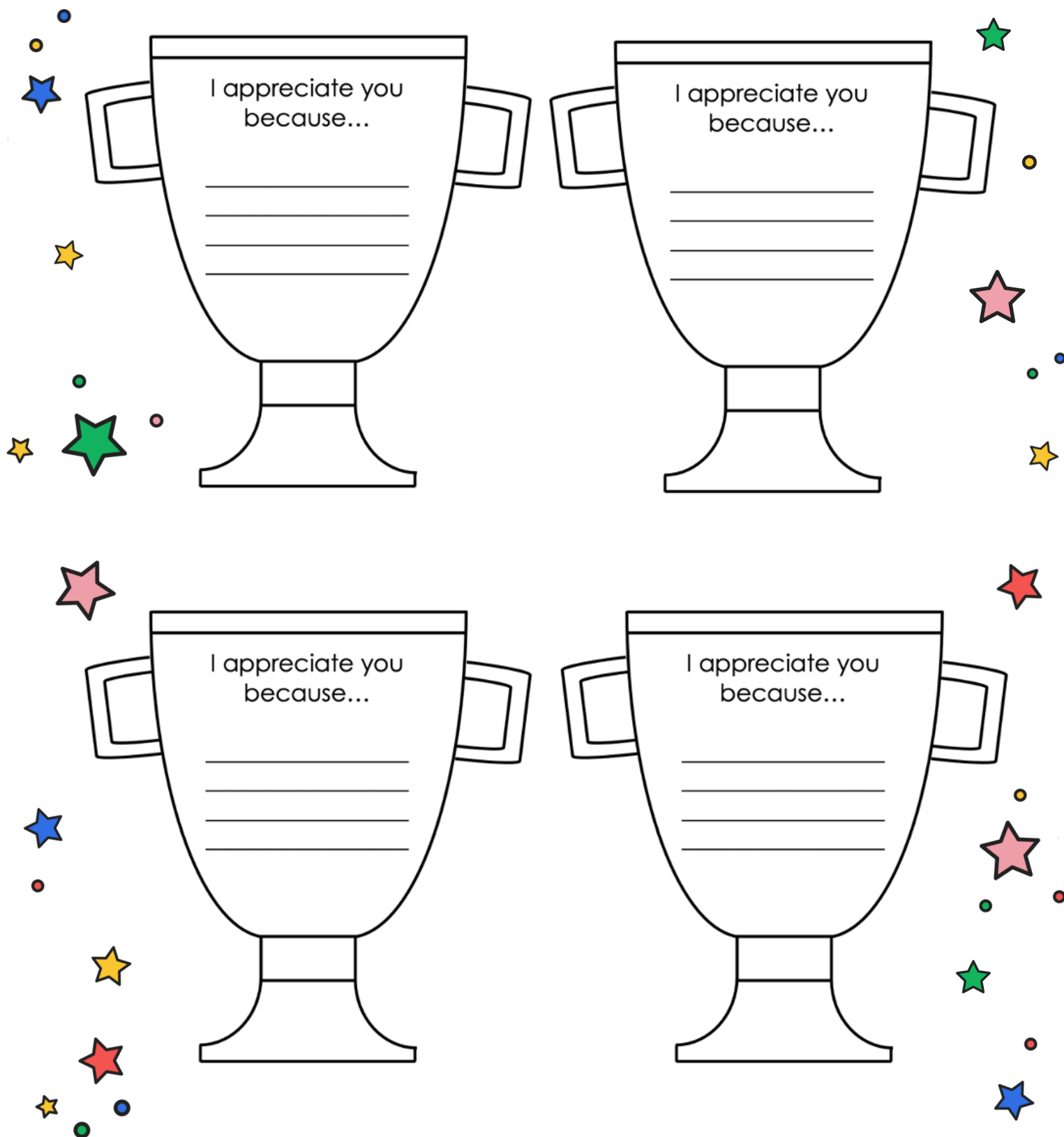
*Can you go do one of these things now?*

My Happy Place

*Take five deep breaths and imagine you're there.*

## APPRECIATE OTHERS BY GIVING OUT APPRECIATION AWARDS

Think about objects, people, or places that you appreciate! Be creative—do you appreciate your favorite pair of socks, your local librarian, or the park around the corner? Write about them in the spaces below and then decorate your appreciation awards before giving them to the people or things you appreciate!



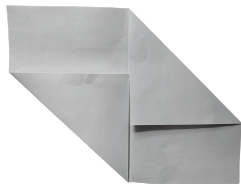
## SHOW YOUR APPRECIATION FOR OTHERS USING ORIGAMI

Origami, an ancient Japanese artform, comes from the words “ori” (which means “folding”) and “kami” (which means “paper”). For this activity, we are going to create an origami letter of appreciation! Send it to your favorite teacher, a parent, a friend, or anyone who has helped you recently. Or send the letter to yourself!

Step 1: Cut out the rectangle, and then write your message.

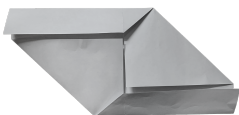
Step 2: Fold the paper in half, left to right (hamburger style). Then unfold the paper.

Step 3: Fold the top right corner downwards, making sure the edge lines up with the central crease you just made.



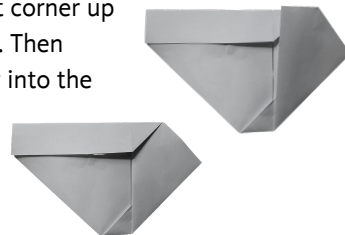
Step 4: Fold the bottom left corner upwards until it meets the top right corner you just folded downwards.

Step 5: Fold the bottom right section up, aligning it with the top right corner you folded earlier.

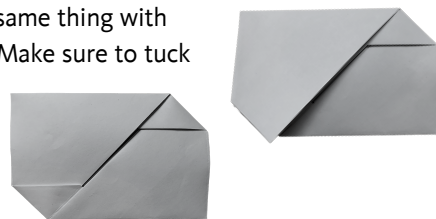


Step 6: Do the same thing with the top left section and the bottom left corner.

Step 7: Fold the bottom right corner up to meet the top of the letter. Then tuck the bottom right corner into the triangle you just created.



Step 8: Then do the same thing with the top left section. Make sure to tuck it into the triangle!



Step 9: You're all done! Flip over the letter and address it with the name of the person or people you appreciate!

