

# NYPL After School Activity Guide


4th–6th Grade

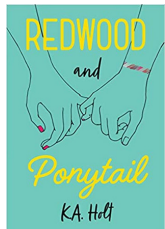


## BALANCE

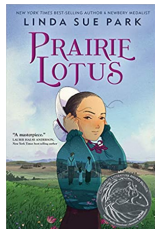
In this packet you'll find tips, books we love, and activities all about finding balance. Finding balance means making time for all of the things that are important to you, including making time to care for yourself. Explore more at [nypl.org/afterschool](https://nypl.org/afterschool).

## BOOKS WE LOVE

These books are some of our favorite titles about finding balance. 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.



**Redwood and Ponytail**  
by K.A. Holt



**Prairie Lotus**  
by Linda Sue Park



**The First Rule of Punk**  
by Celia C. Pérez



**Twins**  
by Varian Johnson, illus.  
by Shannon Wright



**Beyond Me**  
by Annie Donwerth-  
Chikamatsu



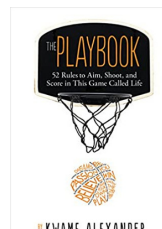
**Pippa Park Raises Her Game**  
by Erin Yun



**The List of Things That Will Not Change**  
by Rebecca Stead



**Stanley Will Probably Be Fine**  
by Sally J. Pla, illus. by  
Steve Wolfhard



**The Playbook: 52 Rules to Aim, Shoot, and Score in This Game Called Life**  
by Kwame Alexander

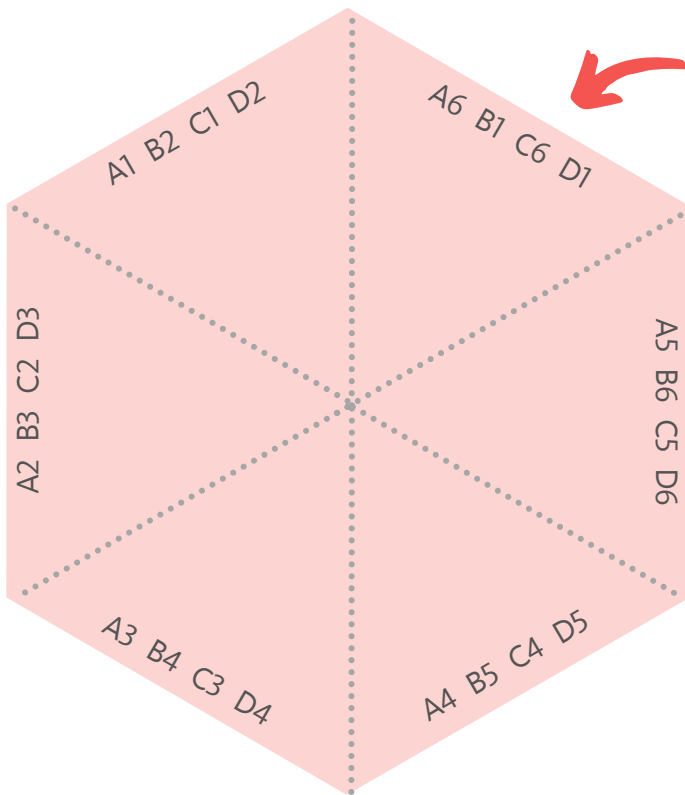


## QUICK TIPS

- While it's fun to play video games or learn something new on the internet, it can also be fun to play in the park or cook something at home. Make sure you find time for a variety!
- Many books feature characters who sometimes struggle to find a good balance between who they really are and who other people think they should be. When reading a book, stop and notice how the characters work on finding balance.

# FIND BALANCE BY CREATING A KALEIDOCYCLE

You have a lot going on in your life: family, friends, school, and then some. In this project we will focus on four of the things you have to juggle in a day. At the end, you will have a fun way to flip through it all and consider how to find the best balance.



## PART 1

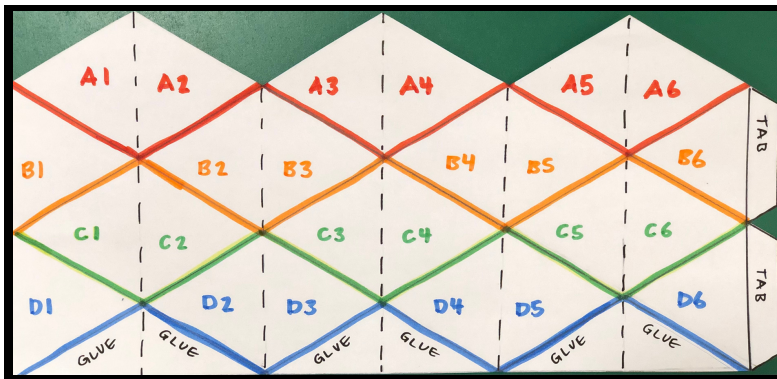
- To start, you're going to need four of these. Cut this one out and trace it onto your blank paper four times. Make sure to trace a thick border and include the dotted lines.
- Label the four hexagons A, B, C, and D. For the A hexagon, lightly write A1, A2, A3, and so on inside the triangles as shown on the diagram.
- Do the same (following the pattern on the diagram) for the B, C, and D hexagons.

## SUPPLY LIST

- 1 piece of standard copy paper
- 1 piece of heavyweight paper
- Tape or glue
- Scissors
- Drawing supplies

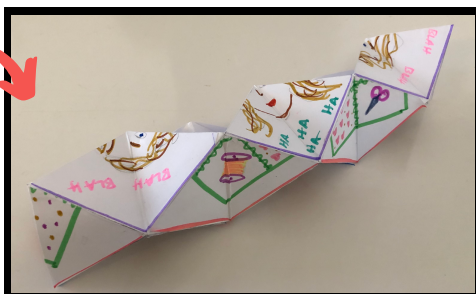
## PART 2

- Think about four things you have to balance in your daily life, e.g. family, friends, school, fun. Draw something that represents each thing in each of the four hexagons.
- Grab your piece of heavyweight paper. (If you don't have one you can glue two pieces of copy paper together, one on top of the other.)
- Cut up your hexagons into diamonds and triangles so that you can lay them out on the piece of heavyweight paper in the arrangement shown here. Pro Tip: The border on each piece will run along the bottom of its row.
- Once you have them in the correct arrangement, glue them down so that they butt up against each other, just as shown.
- Draw in "Glue" and "Tab" sections like shown.
- Now, cut out around this shape making sure to include the "Glue" and "Tab" sections.
- Fold along all of your vertical (up and down) and diagonal lines creasing well. Make this fold in both directions, forwards and backwards.



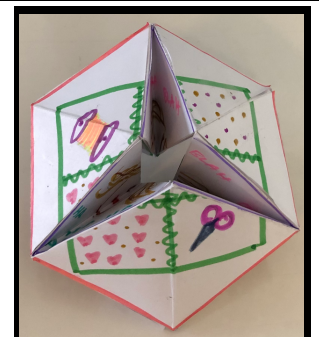
## PART 3

- After all this folding, your kaleidocycle should want to roll into a tube and show its hills and valleys. If not, press it a little.
- Glue or tape the open ends shut along the "Glue" sections.



## PART 4

- You will now have something that resembles a snake.
- Join the ends of your "snake" together by putting glue or tape on the "Tab" sections and inserting that section into the body of the snake. If you used glue, let it dry.
- Now spin your kaleidocycle!



## CREATE A BALANCING BIRD

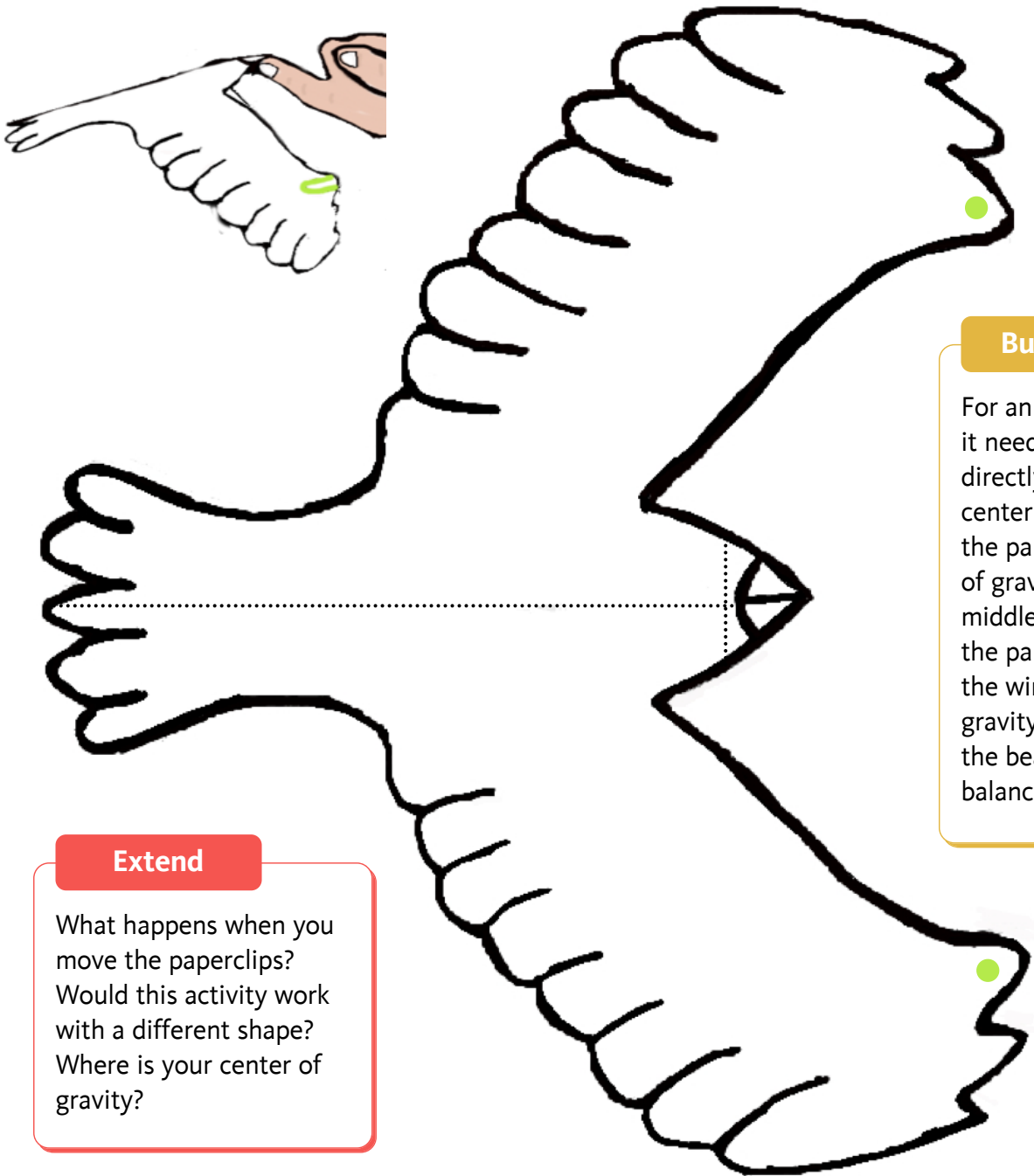
How well can you balance? Can you hop on one foot without falling over? Hold a book on your head? Complete this activity to see how balance works in surprising ways! After completing the activity think about other ways to find balance in your life.

### Instructions

1. Cut out the template and fold along the dotted lines.
2. Attach paper clips to the tips of each wing (see the diagram).
3. Place the tip of the bird's beak on your finger and see if it will balance!

### Materials

- Scissors
- Paper clips
- Optional: Drawing supplies to decorate



### But How?

For an object to balance, it needs to be supported directly underneath its center of gravity. Without the paperclips, the center of gravity is near the middle of the bird. When the paperclips are put on the wings, the center of gravity moves to the tip of the beak, so you can balance it on your finger!

### Extend

What happens when you move the paperclips?  
Would this activity work with a different shape?  
Where is your center of gravity?

## FIND BALANCE THROUGH DAILY JOURNALING

Finding balance between school work, extracurricular activities, chores, family time, having fun with friends, and alone time can be tough! Use a daily journal, like the one below, to help you reflect on your day and plan for the future.



**WHAT DID YOU DO TODAY?**



**How did you feel at the end of the day?**

**Did you finish everything you planned to do?**

**Did you make time for you and your hobbies?**



**WHAT ARE YOUR GOALS FOR TOMORROW?**

**REMEMBER: MAKING TIME FOR YOURSELF CAN BE A GOAL!**

