

# NYPL After School Activity Guide


Kindergarten–3rd Grade

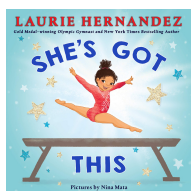


## BALANCE

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).

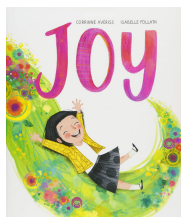
## BOOKS WE LOVE

These books are some of our favorites 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.



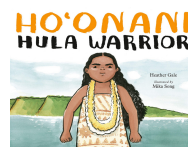
### She's Got This

by Laurie Hernandez, illus. by Nina Mata



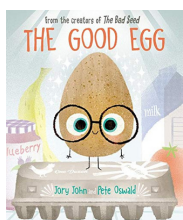
### Joy

by Corrinne Averiss, illus. by Isabelle Follath



### Ho'onani: Hula Warrior

by Heather Gale, illus. by Mika Song



### The Good Egg

by Jory John, illus. by Pete Oswald



### Outside In

by Deborah Underwood, illus. by Cindy Derby



### Mel & Mo's Marvelous Balancing Act

by Nicola Winstanley, illus. by Marianne Ferrer



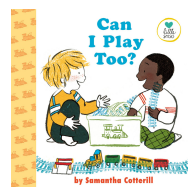
### Big Feelings

by Alexandra Penfold, illus. by Suzanne Kaufman



### It Feels Good to Be Yourself

by Theresa Thorn, illus. by Noah Grigni



### Can I Play Too?

by Samantha Cotterill



## QUICK TIPS

- Sometimes it's tough to balance what others want to do with what you want to do. We suggest trying to find a compromise (a choice that works for both of you). If a compromise is hard, you can choose one or the other and then let the other person choose next time!
- When you are reading a book, notice how a character balances and works through their emotions. What do they do when they are upset? Scared? Embarrassed? Excited?



## COMPLETE THIS BALANCE CHALLENGE CHECKLIST

Finding balance in your body or by using objects can help make you feel calm in your mind. How many of these balance activities can you complete? Check off the ones you have successfully completed! What other balance activities can you think of?

- ☐ Stand on one foot—like a flamingo!—and try not to fall.
- ☐ Place pillows on the floor and try to walk across them.
- ☐ Make a list of people and/or things you are grateful for.
- ☐ Stack a tower of plastic or paper cups as high as you can!
- ☐ Stand with one foot on the ground and one foot on an elevated surface, such as a step or a stool.
- ☐ Try putting on your socks and shoes while standing.
- ☐ Think of something that makes you feel calm and centered. Now go do that thing!
- ☐ Choose your favorite stuffed animal and try to balance it on your head.
- ☐ Pretend you are walking on a tightrope in the circus.
- ☐ Find a leaf outside. Can you balance it on one finger?
- ☐ Can you pretend you are walking on a tightrope backward?
- ☐ Make a list of your greatest strengths. Think about them the next time you are feeling down.
- ☐ Turn on some music and do the freeze dance. Try not to move when you are frozen!
- ☐ Sit up tall and reach for things from various angles, even behind you.
- ☐ Make sure you're drinking enough water!





## ROLL THIS CUBE TO FIND BALANCE

When we take the time to be aware of how we are feeling, both in our bodies and in our minds, it's easier to find balance in the world around us. Roll this cube when you need some help making space for your emotions. Each side is an action that can help you find this balance!

### INSTRUCTIONS

Cut along the dotted lines and fold on the solid lines to form a six-sided die. You will need glue or clear tape to keep the tabs in place once you fold the cube up.

### NOTICE & NAME

Pay attention to your body. How are your emotions making your body feel? You can say these emotions out loud if you'd like.

### SLOW-MOTION SNACK

Have a mindful snack by thinking about and describing the smell, texture, and taste of your food.

### WEATHER REPORT

Give a weather report that best describes how you are feeling at this moment. Stormy with rain? Sunny clear skies? Somewhere in between?



### DID YOU KNOW?

You can use these actions even if you don't have the cube with you! Think of them as a special trick for helping you figure out what you're feeling. Sometimes they can even help you feel better if you are dealing with something that is sad or upsetting.

### SEND A WISH

Send a wish of loving kindness to yourself, a friend, or even someone you've never met.

### BELLY BREATHING

Place a hand on your tummy and take deep, slow breaths in... and... out.

### SIT OR STAND

Plant your feet flat on the ground and notice your connection to the floor. How do you feel?

## THINK ABOUT FINDING BALANCE IN YOUR LIFE

Finding balance can mean thinking about how to help others as well as how to take care of yourself. In the blue boxes, write down three ideas for how to help others. In the red boxes, write down three ideas for how to care for yourself.

You'll notice that the seesaw is tilted one way in the picture below. It's important to remember that depending on how we are feeling, it might also tilt the other way! Our goal is to find the right balance between caring for ourselves and caring for others.

Help someone  
in your family  
with a chore.

Read your  
favorite book.

