

NYPL After School Activity Guide


4th–6th Grade



REFLECT

In this packet you'll find tips, books we love, and activities all about how to reflect. Reflecting means thinking deeply or carefully about something. If you create something you love, submit a picture of your work to our virtual gallery at nypl.org/afterschool.

BOOKS WE LOVE

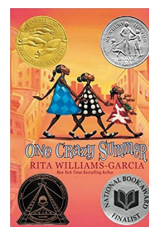
These books are some of our favorites that help us think about how to reflect. To check them out, place a hold online at nypl.org or call Ask NYPL (917-275-6975). If you are at a branch, ask a librarian how to place a hold. Books marked with a  are available as e-books.



Guts
Raina Telgemeier



The Cardboard Kingdom
Chad Sell



One Crazy Summer
Rita Williams-Garcia



When Stars Are Scattered
Victoria Jamieson &
Omar Mohamed



Tight
Torrey Maldonado



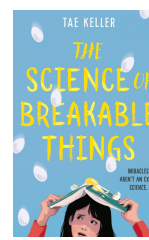
Ghost Squad
Claribel A. Ortega



Stand Up, Yumi Chung!
Jessica Kim



Pie in the Sky
Remy Lai



The Science of Breakable Things
Tae Keller



QUICK TIPS

- Keep a special journal or sketchbook where you can reflect using writing or art.
- What characters, from books or movies, do you admire or respect? Why are they special?
- Helping others can help you learn more about yourself. How can you support your family or friends?

REFLECT USING AN AGAMOGRAPH



Draw one picture in the top half of the rectangle below (the A rows) then draw a different picture in the bottom half of the rectangle (the B rows). Draw pictures of things that are important to you. After you finish drawing, cut out the entire rectangle and then cut it into strips along the dotted lines. Glue the strips onto a new piece of paper in an ABAB pattern. After it dries, fold along the AB lines in an accordion style. You've now made an agamograph – a type of art or illusion that changes when you look at it from different angles!



A	
A	
A	
A	
A	
B	
B	
B	
B	
B	

REFLECT USING A MANTRA

A mantra is a positive statement that you repeat to yourself to give you encouragement and get through hard moments. Stop, reflect, and use your mantra throughout the day. Some examples of mantras are:

"It's OK to make mistakes." "Today will be a good day." "I am smart and special."



Come up with your own mantra and write it below.

Draw a picture to illustrate your mantra. Make sure to include your mantra somewhere in the picture. If you have magazines, scissors, and glue you can create a collage about your mantra.

REFLECT: DIFFERENT KINDS OF MEDIA!



WE ALL READ, WATCH, AND HEAR LOTS OF INFORMATION EACH DAY. BUT NOT ALL INFORMATION IS THE SAME. SEE IF YOU CAN IDENTIFY WHAT KINDS OF MEDIA YOU'VE READ/SEEN THIS WEEK.

WE RELY ON JOURNALISTS TO TELL US TRUE INFORMATION ABOUT OUR CITY, COUNTRY AND WORLD. NEWS



SHOULD ONLY INCLUDE FACTS JOURNALISTS CAN PROVE, AND GIVE ALL THE FACTS AVAILABLE.

WRITE OR DRAW: WHAT WAS THE LAST PIECE OF NEWS YOU REMEMBER? WHAT INFORMATION DID YOU LEARN? HOW COULD YOU CHECK IF IT'S TRUE?

ADS!

ADS EXIST TO SELL THINGS TO PEOPLE. ADS GIVE YOU INFORMATION, BUT ONLY INFORMATION THEY THINK WILL MAKE YOU WANT TO BUY THEIR THING.

ENTERTAINMENT!

ENTERTAINMENT IS MEANT TO GIVE PEOPLE A FUN TIME, NOT PROVIDE TRUE INFO. WHILE ENTERTAINMENT



CAN INCLUDE INFORMATION, BE CAREFUL TO DOUBLE CHECK ANY FACTS.

WRITE OR DRAW: WHAT IS AN AD YOU'VE SEEN OR HEARD RECENTLY? WHAT DID THE PEOPLE WHO WROTE THE AD WANT YOU TO DO?

WRITE OR DRAW: WHAT WAS THE LAST PIECE OF ENTERTAINMENT YOU READ/WATCHED/HEARD? DID YOU ENJOY IT?

A NOTE: BEWARE OF MISINFORMATION!

MISINFORMATION IS INFORMATION THAT ISN'T TRUE. PEOPLE SELLING YOU THINGS MAY GIVE YOU FALSE INFORMATION, BUT OTHER KINDS OF MEDIA CAN TOO. PEOPLE CAN ALSO SPREAD MISINFORMATION BY ACCIDENT. MAKE SURE YOU KNOW WHERE INFORMATION COMES FROM. IF YOU'RE CONFUSED ABOUT WHETHER SOMETHING IS TRUE, ASK FOR HELP!

