

# NYPL After School Activity Guide


Kindergarten–3rd Grade

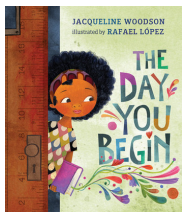


## REFLECT

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. We hope you'll reflect on how unique and special you are. 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 are some of our favorites that help us think about how to reflect. 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.



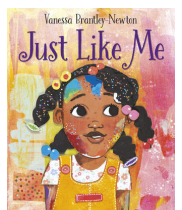
**The Day You Begin**  
Jacqueline Woodson



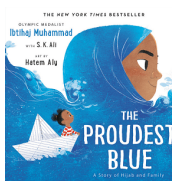
**The Bad Seed**  
Jory John



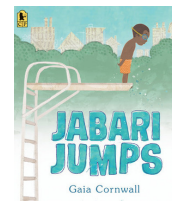
**Firebird**  
Misty Copeland



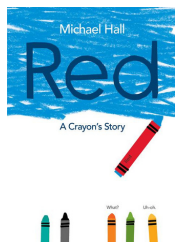
**Just Like Me**  
Vanessa Brantley-Newton



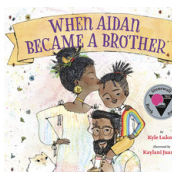
**The Proudest Blue**  
Ibtihaj Muhammad  
with S.K. Ali



**Jabari Jumps**  
Gaia Cornwall



**Red: A Crayon's Story**  
Michael Hall



**When Aidan Became a Brother**  
Kyle Lukoff



**Just Ask! Be Different, Be Brave, Be You**  
Sonia Sotomayor

## QUICK TIPS

- Keep a feelings journal every day or set a special time (like dinner) to talk about your day.
- Try taking a deep breath in and then slowly letting it out. How do you feel?
- While reading, think about the emotions of the characters. Are they the same as yours?

## REFLECT USING A FORTUNE-TELLER

Cut out the square below. Turn the square over so that the pictures are down. Fold the square corner to corner on both sides. Reopen. Fold in each corner to the center. Flip that smaller square over and fold each corner to the center into an even smaller square. Fold that square in half and insert your fingers into the flaps on both sides. Open your fortune-teller!

To start, choose a shape or color then move the flaps back and forth as you spell out that shape or color (or count the corners on the shapes). Once you stop, open that flap. Then choose an animal. Answer the question under that flap!



## REFLECT ON WHO YOU ARE

Show us who you are! Draw and color in your face, hair, and clothes. Then, answer the questions by either writing or drawing. Remember, you're awesome!

What do you want to be when you grow up?



What is one thing you love about yourself?



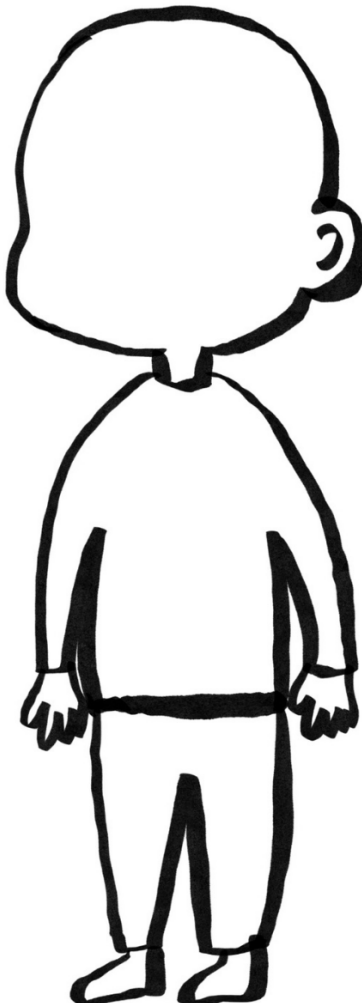
What is your favorite food or color?



What is your favorite book or movie?



What is something that makes you happy?



## REFLECT USING A FEELINGS JOURNAL

**EMOTIONS YOU FELT TODAY**



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**PICK ONE. WHY DID YOU FEEL THIS WAY?**

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**DRAW A PICTURE OF YOUR FAVORITE PART OF YOUR DAY.**