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.

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.

- The Day You Begin by Jacqueline Woodson
- The Bad Seed by Jory John
- Firebird by Misty Copeland
- Just Like Me by Vanessa Brantley-Newton
- The Proudest Blue by Ibtihaj Muhammad with S.K. Ali
- Jabari Jumps by Gaia Cornwall
- Red: A Crayon’s Story by Michael Hall
- When Aidan Became a Brother by Kyle Lukoff
- Just Ask! Be Different, Be Brave, Be You by 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!

<table>
<thead>
<tr>
<th>Shape</th>
<th>Animal</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hexagon</td>
<td></td>
<td>What are your biggest strengths? What are you good at?</td>
</tr>
<tr>
<td>Bee</td>
<td></td>
<td>What is something new you’ve learned recently?</td>
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<tr>
<td>Fish</td>
<td></td>
<td>What has been the best day of your life so far?</td>
</tr>
<tr>
<td>Triangle</td>
<td>Snake</td>
<td>Who is someone you care about? Why are they special?</td>
</tr>
<tr>
<td>Elephant</td>
<td></td>
<td>What is something you are grateful for?</td>
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<tr>
<td>Owl</td>
<td></td>
<td>If you could travel anywhere, where would you like to go?</td>
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<tr>
<td>Star</td>
<td></td>
<td>What is a dream you have for the future?</td>
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<tr>
<td>Turtle</td>
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</table>
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

_________________  ________________  ______________

PICK ONE. WHY DID YOU FEEL THIS WAY?

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

DRAW A PICTURE OF YOUR FAVORITE PART OF YOUR DAY.