On the next few pages 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.

**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, illus. by Rafael López
- **The Bad Seed** by Jory John, illus. by Pete Oswald
- **Firebird** by Misty Copeland, illus. by Christopher Myers
- **Just Like Me** by Vanessa Brantley-Newton
- **The Proudest Blue** by Ibtihaj Muhammad with S.K. Ali, illus. by Hatem Aly
- **Jabari Jumps** by Gaia Cornwall
- **Red: A Crayon's Story** by Michael Hall
- **When Aidan Became a Brother** by Kyle Lukoff, illus. by Kaylani Juanita
- **Just Ask! Be Different, Be Brave, Be You** by Sonia Sotomayor, illus. by Rafael López

**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

_________________  __________________  ______________

PICK ONE. WHY DID YOU FEEL THIS WAY?

_________________  __________________  ______________

_________________  __________________  ______________

_________________  __________________  ______________

DRAW A PICTURE OF YOUR FAVORITE PART OF YOUR DAY.
On the next few pages you'll find tips, books we love, and activities all about how to explore. Exploring is a journey of discovery to new places and to find new information.

**BOOKS WE LOVE**

These books are some of our favorites about exploring close to home and further away. To check them out, place a hold online at [nypl.org](http://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.

- **Hike** by Pete Oswald
- **City Shapes** by Diana Murray, illus. by Bryan Collier
- **Off I Go! (Princess Truly series)** by Kelly Greenawalt, illus. by Amariah Rauscher
- **Another** by Christian Robinson
- **When Sadness Is at Your Door** by Eva Eland
- **Life on Mars** by Jon Agee
- **Redwoods** by Jason Chin
- **My Papi Has a Motorcycle** by Isabel Quintero, illus. by Zeke Peña
- **The Not-So Great Outdoors** by Madeline Kloepper

**QUICK TIPS**

- When taking a walk, instead of looking straight ahead, look up, down, or side to side. What do you see that you wouldn’t normally notice?
- With your family, take a trip to a neighborhood that you have never visited before!
- Use your five senses to explore the world. Find objects that feel soft, fuzzy, or smooth. Taste foods that are sweet, sour, or salty. Listen for different sounds outside your window.
### EXPLORE BY DRAWING A MAP

Draw a map below! You can draw a map of a made-up world or you can draw a map of your neighborhood. Your map key should include pictures or symbols that show important places or details on your map. For example, triangles on your map could mean mountains.

<table>
<thead>
<tr>
<th>PICTURE OR SYMBOL</th>
<th>WHAT IT MEANS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

Map keys can include pictures or symbols that show important places or details on your map. For example, triangles on your map could mean mountains.
EXPLORE BY TAKING A MINDFUL WALK IN THE PARK

Moving slowly through nature can teach us new things about our environment and our senses. EXPLORE your neighborhood park with your family, and see what leaves of different shapes and colors you can collect and take home.

Trace one of the leaves here.

Art can help us see things differently...

Try a leaf rubbing!

1. Put leaves with smooth sides down on a flat surface like a table.
2. Place white paper over the leaf.
3. Rub a crayon over it (holding it sideways works best!) until the leaf shape and texture are revealed!

CHALLENGE

Can you sort your leaves by size? Can you sort your leaves by color?

Leaves come in all colors! Fill in the boxes below with all the colors you see.

☐ ☐ ☐ ☐

What does your leaf feel like? Check the boxes.

☐ Smooth ☐ Crunchy
☐ Rough ☐ Soft

What other words would you use to describe your leaves? Write on the lines below.

LOOK CLOSER

Compare the traced leaf and the rubbing. How are they the same? How are they different?
EXPLORE BY GOING ON A SCAVENGER HUNT

Take this scavenger hunt on your next walk to school or trip around your neighborhood! How many can you find? See if you can complete an entire vertical, horizontal, or diagonal row.

<table>
<thead>
<tr>
<th>Pigeon</th>
<th>Fire Hydrant</th>
<th>Mailbox</th>
<th>Apartment</th>
<th>Pizza Place</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Pigeon" /></td>
<td><img src="image2" alt="Fire Hydrant" /></td>
<td><img src="image3" alt="Mailbox" /></td>
<td><img src="image4" alt="Apartment" /></td>
<td><img src="image5" alt="Pizza Place" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Playground</th>
<th>Squirrel</th>
<th>Fire Truck</th>
<th>Bus Stop</th>
<th>Food Truck</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image6" alt="Playground" /></td>
<td><img src="image7" alt="Squirrel" /></td>
<td><img src="image8" alt="Fire Truck" /></td>
<td><img src="image9" alt="Bus Stop" /></td>
<td><img src="image10" alt="Food Truck" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Skateboard</th>
<th>Garbage Truck</th>
<th>Free Space!</th>
<th>Bicycle</th>
<th>Leaves</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image11" alt="Skateboard" /></td>
<td><img src="image12" alt="Garbage Truck" /></td>
<td><img src="image13" alt="Free Space!" /></td>
<td><img src="image14" alt="Bicycle" /></td>
<td><img src="image15" alt="Leaves" /></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Dog</th>
<th>Library</th>
<th>Train Station</th>
<th>Basketball</th>
<th>Statue</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image16" alt="Dog" /></td>
<td><img src="image17" alt="Library" /></td>
<td><img src="image18" alt="Train Station" /></td>
<td><img src="image19" alt="Basketball" /></td>
<td><img src="image20" alt="Statue" /></td>
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</table>

<table>
<thead>
<tr>
<th>Fountain</th>
<th>Tall Tree</th>
<th>Bridge</th>
<th>Taxi</th>
<th>Traffic Light</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image21" alt="Fountain" /></td>
<td><img src="image22" alt="Tall Tree" /></td>
<td><img src="image23" alt="Bridge" /></td>
<td><img src="image24" alt="Taxi" /></td>
<td><img src="image25" alt="Traffic Light" /></td>
</tr>
</tbody>
</table>

What were you surprised to see on your scavenger hunt today?
On the next few pages you’ll find tips, books we love, and activities all about investigating. Investigating means looking closely at something in order to learn something new, solve a problem, or answer a question.

BOOKS WE LOVE
These books are some of our favorites about investigations and investigating. 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 Boy Who Harnessed the Wind by William Kamkwamba & Bryan Mealer, illus. by Elizabeth Zunon
- King & Kayla and the Case of the Missing Dog Treats by Dori Hillestad Butler, illus. by Nancy Meyers
- Hey, Water! by Antoinette Portis
- Alma and How She Got Her Name by Juana Martinez-Neal
- 7 Ate 9: The Untold Story by Tara Lazar, illus. by Ross MacDonald
- Ada Twist, Scientist by Andrea Beaty, illus. by David Roberts
- Islandborn by Junot Díaz, illus. by Leo Espinosa
- Over and Under the Pond by Kate Messner, illus. by Christopher Silas Neal
- InvestiGATORS by John Patrick Green

QUICK TIPS
- Caregivers: Help your child investigate by prompting them to observe the world around them. Ask questions such as “What do you notice?” and “What are you wondering?”
- Use materials around you to conduct simple experiments. Here are two ideas: 1) How long does it take a banana to ripen? What if it’s in the refrigerator? 2) Test out different household objects in your sink to see if they sink or float.
INVESTIGATE SHAPES AS A SHAPE DETECTIVE

Everything around us is made of shapes! Sometimes shapes are easy to see and sometimes they aren’t—good thing NYPL has provided you with your very own investigator glasses!

Cut out the investigator glasses and the arms on the next page. Glue the arms to the frames and then fold the glasses’ arms so that they sit on your ears. (Note: glue or tape popsicle sticks or unsharpened pencils to the arms for a sturdier frame.)
Look for objects inside or outside your house that match your glasses. How many objects of each shape can you find? Once you have found and collected your shapes, it is time to sort them. Try sorting by color, weight, big to small, or small to big.

Take it to the next level by identifying your objects as either polygons (shapes made up of straight lines only) or non-polygons. Then try recreating some of the shapes you found using household materials. For example, you can use straws or toothpicks for the edges and marshmallows for the vertices (or corners).

INVESTIGATE AND SOLVE A SECRET CODE

Use the code key below to help you solve the mystery question. Then answer the question!

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Bonus Activity! Get another sheet of paper and come up with your own secret code. Then write messages to your friends and family!
INVESTIGATE LIVING AND NONLIVING THINGS

Look all around you. What is living or nonliving in your world? You can tell if something is alive by asking yourself a few questions: Does it need food or water? Does it breathe? Can it move by itself? Does it grow or change? Does it reproduce? If yes, it’s alive!

Color in the examples of living things in green. Color the nonliving examples in red.

Now it’s your turn. Find your own examples and put them in this chart.

<table>
<thead>
<tr>
<th>ITEM</th>
<th>LIVING OR NONLIVING?</th>
<th>HOW DO YOU KNOW?</th>
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Bonus Activity! Tell or write a story where something that’s nonliving comes to life.