



NYPL After School

# Activity Guides

*4th–6th Grade*

APPRECIATE – CARE – COLLABORATE



New York  
Public  
Library

[nypl.org/afterschool](https://nypl.org/afterschool)




# NYPL After School APPRECIATE



On the next few pages you'll find tips, books we love, and activities all about appreciation. Appreciation can mean showing gratitude or thinking about what you respect and value.

## BOOKS WE LOVE

These books show characters learning how to appreciate parts of their life that they might not have valued before. They show us how appreciation can make our lives better. 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.



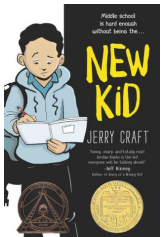
**Stargazing**  
by Jen Wang



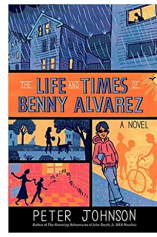
**They Call Me Güero: A Border Kid's Poems**  
by David Bowles



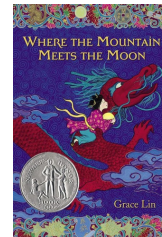
**Song for a Whale**  
by Lynne Kelly



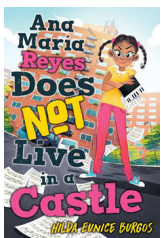
**New Kid**  
by Jerry Craft



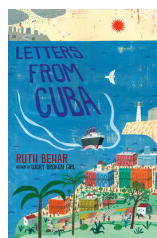
**The Life and Times of Benny Alvarez**  
by Peter Johnson



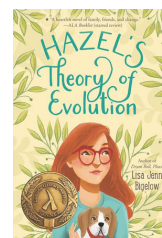
**Where the Mountain Meets the Moon**  
by Grace Lin



**Ana María Reyes Does Not Live in a Castle**  
by Hilda Eunice Burgos



**Letters from Cuba**  
by Ruth Behar



**Hazel's Theory of Evolution**  
by Lisa Jenn Bigelow



## QUICK TIPS

- What's a small act of kindness you can do for someone you appreciate? Make it a goal to show someone in your life an act of kindness every week. Be creative!
- Keep a gratitude journal where you write down three things each day that you appreciate and are grateful for.

# CREATE A JAR FULL OF JOY TO PRACTICE APPRECIATION

When we have a bad day it can be hard to remember the good things about life. For these times we are going to create a Jar Full of Joy! Remembering positive moments, or taking positive actions, can help us use joy and appreciation to cope with negative thoughts. Fill out the slips below and pull one from your jar as needed!



## Materials

- Pencil, pen, markers
- Glass jar (like a clean spaghetti jar) or other container
- Scissors
- Optional: ribbons, tape, stickers, or other items to decorate your container



## Steps

1. In the spaces below, answer each prompt.
2. Cut out the strips of paper and fold them in half. Put them inside your jar or other container.
3. Decorate your jar, bowl, or container with stickers, paper and tape, and/or ribbon.

\*\*\* *Extra Activity: Use another piece of paper to write down more things you are grateful for, or actions you could take to improve your mood. You can make as many as will fit in your container!*

My Favorite Quote

My Favorite Memory

My Favorite Foods

A Song That Makes Me Happy

*Listen to or sing that song now!*

My Favorite Things About Myself

Things I Am Good At

*Can you go do one of these things now?*

My Happy Place

*Take five deep breaths and imagine you're there.*



## APPRECIATE OTHERS BY GIVING OUT APPRECIATION AWARDS

Think about objects, people, or places that you appreciate! Be creative—do you appreciate your favorite pair of socks, your local librarian, or the park around the corner? Write about them in the spaces below and then decorate your appreciation awards before giving them to the people or things you appreciate!

I appreciate you  
because...

I appreciate you  
because...

I appreciate you  
because...

I appreciate you  
because...

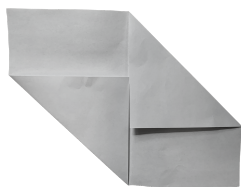
## SHOW YOUR APPRECIATION FOR OTHERS USING ORIGAMI

Origami, an ancient Japanese artform, comes from the words “ori” (which means “folding”) and “kami” (which means “paper”). For this activity, we are going to create an origami letter of appreciation! Send it to your favorite teacher, a parent, a friend, or anyone who has helped you recently. Or send the letter to yourself!

Step 1: Cut out the rectangle, and then write your message.

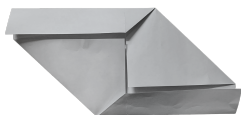
Step 2: Fold the paper in half, left to right (hamburger style). Then unfold the paper.

Step 3: Fold the top right corner downwards, making sure the edge lines up with the central crease you just made.



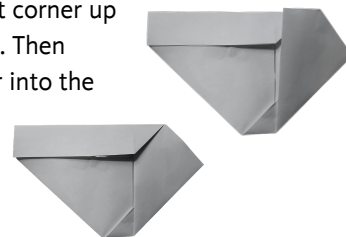
Step 4: Fold the bottom left corner upwards until it meets the top right corner you just folded downwards.

Step 5: Fold the bottom right section up, aligning it with the top right corner you folded earlier.

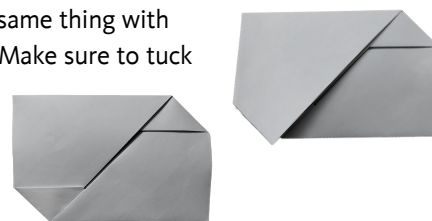


Step 6: Do the same thing with the top left section and the bottom left corner.

Step 7: Fold the bottom right corner up to meet the top of the letter. Then tuck the bottom right corner into the triangle you just created.



Step 8: Then do the same thing with the top left section. Make sure to tuck it into the triangle!



Step 9: You're all done! Flip over the letter and address it with the name of the person or people you appreciate!




# NYPL After School CARE



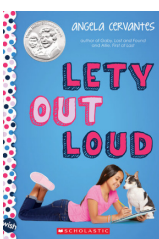
On the next few pages you'll find tips, books we love, and activities all about showing care. Caring means paying attention to the needs of others (as well as your own) and then doing something to help.

## BOOKS WE LOVE

These books give us examples of how to show care to others and to ourselves. 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.



**Woke: A Young Poet's Call to Justice**  
by Mahogany L. Browne with Elizabeth Acevedo & Olivia Gatwood, illus. by Theodore Taylor III



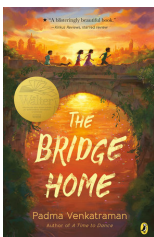
**Lety Out Loud**  
by Angela Cervantes



**The Girl and the Ghost**  
by Hanna Alkaf



**The Brave**  
by James Bird



**The Bridge Home**  
by Padma Venkatraman



**Greta's Story: The Schoolgirl Who Went on Strike to Save the Planet**  
by Valentina Camerini



**Front Desk**  
by Kelly Yang



**The Talk: Conversations about Race, Love & Truth**  
edited by Wade Hudson & Cheryl Willis Hudson



**Show Me a Sign**  
by Ann Clare LeZotte



## QUICK TIPS

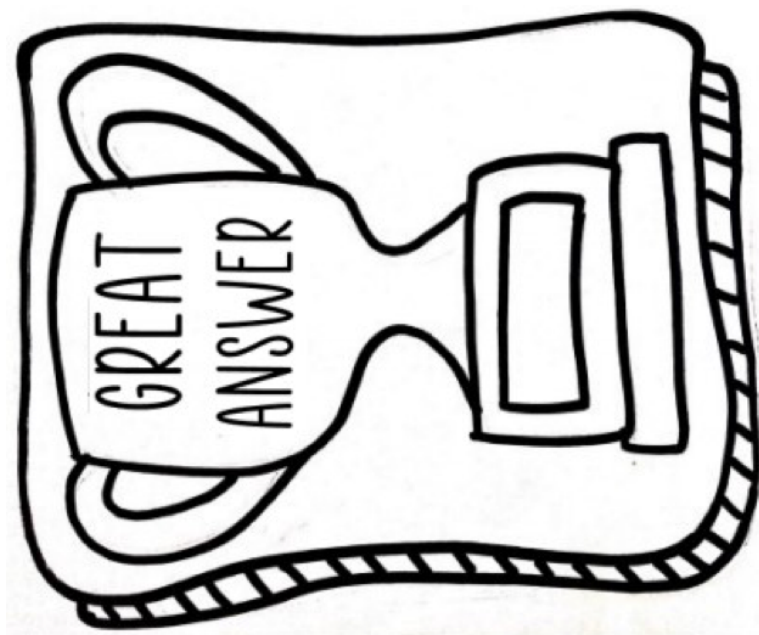
- Show care for yourself by taking your feelings and your goals seriously. In a journal, write down your hopes and dreams for the future and how you will accomplish them.
- Make mini care packages for people in your life who need cheering up. Use an old shoebox or other cardboard box and fill it with small items that will make them feel better. Include a note telling them that you care about them!

## SHOW CARE IN VIRTUAL SPACES



I know we need to stay muted on video calls... but you can still show your classmates you CARE by waving these *Classmate Cheer Signs* in your next virtual class!

Decorate the signs below with whatever art materials you have on hand. Then cut them out and tape a popsicle stick or pencil to each for easy waving. You can even put them in an envelope and pass them along to your friends the next time you see them in person. We can always use a bit of cheer!



## SHOW CARE THROUGH FOOD

Food is one thing that brings people together. On birthdays and holidays and during family dinners, times of illness, and more, we use food to connect us with the ones we love. In the space below, write down a recipe that you know how to make that would make someone else feel cared for, or write a recipe that has special meaning for you and your family.



Recipe Name:

Serves:

Timing:

Recipe Author:

Ingredients (make sure to include quantities):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Steps:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

Once you have made this food, who do you plan to share it with?

## CREATE A CARING POP-UP CARD

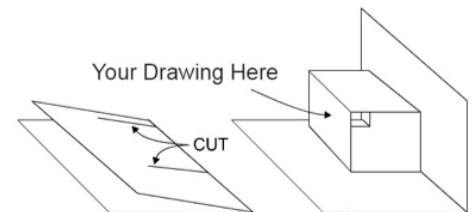
Check in with someone you care about with a pop-up surprise!

### Supplies

- Scissors
- Glue
- Markers/crayons
- Colorful paper

### Instructions

1. Cut out the card on the black lines and fold in half along the dotted line.
2. Cut slits along the black lines.
3. Create a tab by folding it up to make a box.
4. Glue your drawn image onto the front of the box.
5. Decorate and write your message!



### Extend

Can you use different paper folds and cuts to create another type of card? What if you add more than one pop-up image?



*Draw something awesome, then cut it out and glue it to the front of the pop-up box!*




# NYPL After School

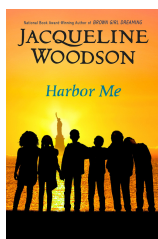
# COLLABORATE



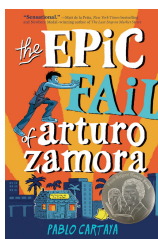
On the next few pages you'll find tips, books we love, and activities all about collaborating. Collaborating means sharing a common goal and working together with other people on projects, ideas, and tasks.

## BOOKS WE LOVE

These books are some of our favorite titles that give us examples of collaboration in action. To check them out, place a hold online at [nypl.org](https://www.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.



**Harbor Me**  
by Jacqueline Woodson



**The Epic Fail of Arturo Zamora**  
by Pablo Cartaya



**The Inquisitor's Tale**  
by Adam Gidwitz, illus. by Hatem Aly



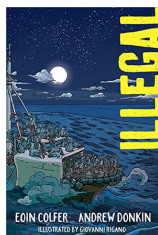
**Hello, Universe**  
by Erin Entrada Kelly



**Isaiah Dunn Is My Hero**  
by Kelly J. Baptist



**The Moon Within**  
by Aida Salazar



**Illegal**  
by Eoin Colfer & Andrew Donkin, illus. by Giovanni Rigano



**Revenge of the Red Club**  
by Kim Harrington



**The Wild Robot**  
by Peter Brown



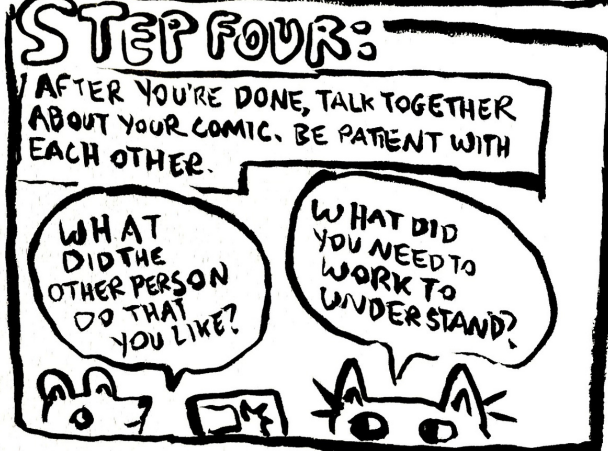
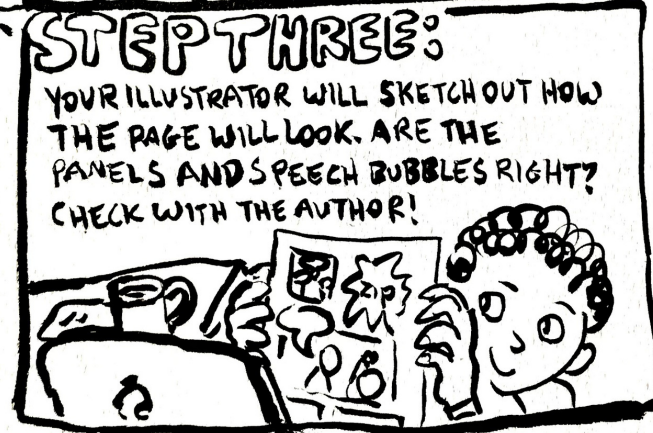
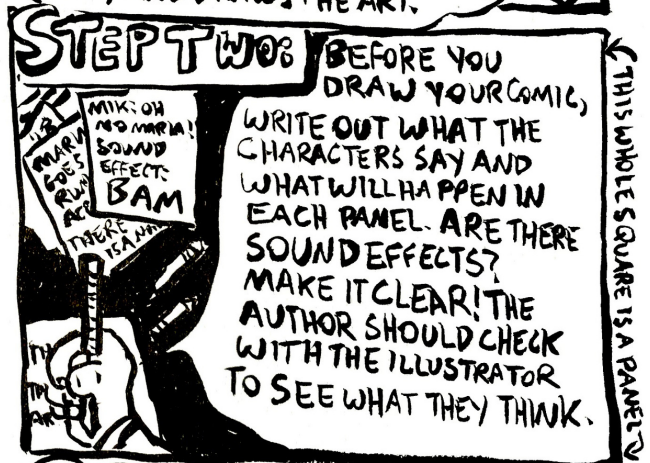
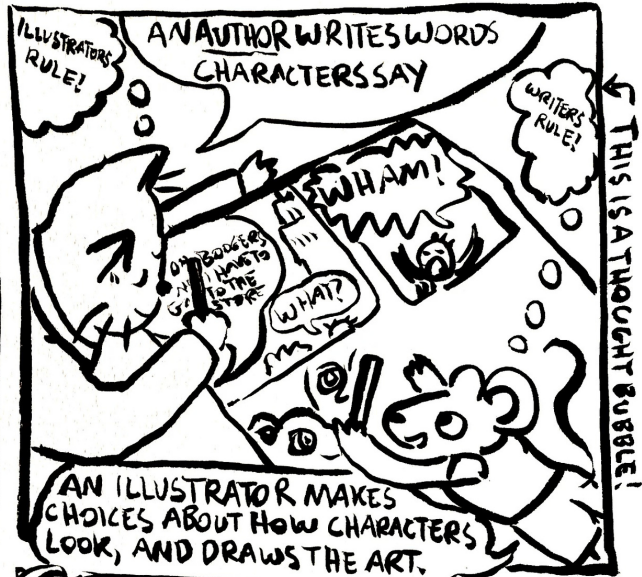
## QUICK TIPS

- So many books, movies, and TV shows rely on teams. Who are your favorite teams? The Avengers? Percy Jackson and his friends? Keep a list of all the teams you notice as you read and watch stuff this week and think about what makes them work well together.
- Play a game where you have to work together with someone. Try charades, 20 questions, or even just putting a puzzle together!

# WRITE A COMIC

With a friend or sibling!!!

GRAB PAPER AND ART SUPPLIES AND MAKE ART WITH SOMEONE ELSE!



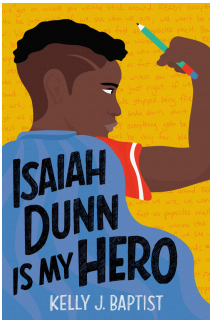
WANT TO FIND OUT MORE ABOUT COMICS? CHECK OUT "MAKER COMICS: MAKE A COMIC" BY JP COOVERT ON NYPL.ORG'S CATALOG!

Artwork by Hal Schrieve, Children's Librarian, Grand Central Library

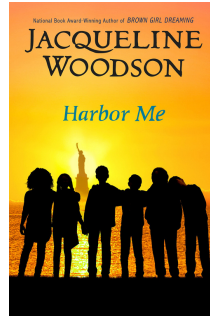


## COLLABORATE WITH FAMOUS AUTHORS TO WRITE A STORY

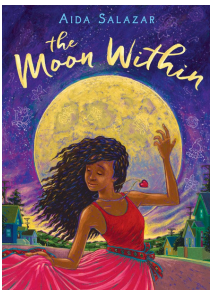
Team up with the authors of this month's Books We Love! Below are quotes from four of the books that we selected to spark your own writing. Create your own unique story using these quotes. Feel free to use one or all of them!



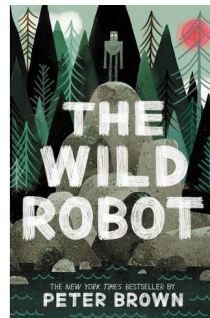
“The room is green and brown and yellow, Daddy's favorite colors...”



“We were different, but most days we believed Ms. Laverne when she told us how special we were, how smart, how kind, how beautiful...”



“We enter the world of drums, songs, and movement we all create and we're on point just like we rehearsed.”



“The robot's head slowly spun around as she scanned the area.”

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Hint: Start your story here, but grab another piece of paper to finish it!

# COLLABORATIVELY DESIGN A GARDEN

Design a garden plot or a windowsill garden with the needs of your family and community in mind!



First, do some brainstorming about what your family and community might appreciate in a garden. Would people in your neighborhood appreciate brightly colored flowers? What kinds of vegetables does your family like to eat? What herbs do you use regularly in cooking?



Put your ideas for your garden in the box below. Then interview a family member or friend in your community and get their ideas for what they would put in a garden. Add those ideas below also!



Now sketch out your garden. Choose a plant for each square.




## Recommended Window Garden Plants

- Herbs
- Lettuces
- Green onions
- Radishes
- Cherry tomatoes



## Recommended Outdoor Garden Plants

- Everything above!
- Vegetables like tomatoes, eggplants, leafy greens, onions, peppers and more
- Flowers



This is just an imaginary garden, but if you're interested in gardening, check out a book from the library or talk to someone you know who gardens. Maybe you can make your garden a reality!





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