

NYPL After School

# Activity Guides

*4th–6th Grade*



**Create**

**Balance**

**Act  
Boldly**



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# NYPL After School CREATE



On the next few pages you'll find tips, books we love, and activities all about creating. Creating can mean many different things, from building things with your hands to sharing your ideas through words and art!

## BOOKS WE LOVE

These books are some of our favorite titles that give us examples of creation and creativity. 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.



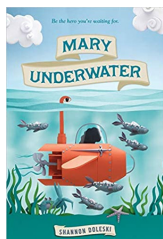
**Emmy in the Key of Code**  
by Aimee Lucido



**Fly on the Wall**  
by Remy Lai



**Doodleville**  
by Chad Sell



**Mary Underwater**  
by Shannon Doleski



**The Stars Beneath Our Feet**  
by David Barclay Moore



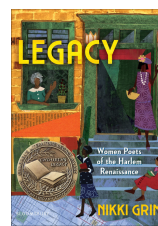
**The Adventures of Beanboy**  
by Lisa Harkrader



**Ruby Goldberg's Bright Idea**  
by Anna Humphrey, illus.  
by Vanessa Brantley-Newton



**Sanity & Tallulah**  
by Molly Brooks



**Legacy: Women Poets of the Harlem Renaissance**  
by Nikki Grimes



## QUICK TIPS

- Create a funny comic strip about something that really happened to you.
- With your parent or guardian, choose a new fruit, vegetable, or ingredient when you're at the grocery store. Look up how to use the ingredient and then create a delicious new dish!

## CREATE A POEM

There are many different types of poetry. We want to help you celebrate the joy of poetry by creating several of your own poems!

### ACROSTIC POEM

An acrostic poem is a type of poem where the first letters in each line spell out a word or phrase. In the poem below, the first letter of each line spells out "Spring!"

#### SPRING ACROSTIC POEM

**S**pring is here  
**P**lants are starting to grow  
**R**ain is coming down more  
**I** notice the weather is warmer  
**N**ot too hot, though!  
**G**ood things always come in spring

#### YOUR ACROSTIC POEM

TITLE: \_\_\_\_\_

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### TRUTH POEM

A truth poem is a chance to express your feelings about something that is important to you. It can be silly or serious. The only rule is that each line must start with "The truth is..." and then you fill in the blank!

#### TRUTH ABOUT RUNNING

The truth is I love running.  
The truth is I didn't always love running.  
The truth is I started running in 5th grade.  
The truth is I started running because I thought it would impress my dad.  
The truth is I liked running with my dad because it was time I got to spend with just him.  
The truth is some days I really don't want to run BUT...  
The truth is I realized that running made me feel better.  
The truth is that 20 years after I started running, I still run almost every day (and with my dad if I'm home).  
The truth is I love running.

#### YOUR TRUTH POEM

TITLE: \_\_\_\_\_

The truth is \_\_\_\_\_  
The truth is \_\_\_\_\_  
The truth is \_\_\_\_\_  
The truth is \_\_\_\_\_  
The truth is \_\_\_\_\_  
The truth is \_\_\_\_\_  
The truth is \_\_\_\_\_



## CREATE A JUNK JOURNAL

A junk journal is a great way to use up paper that we would otherwise throw away. When we use this paper to make our journals, that is one less item that goes into the trash. Once it's done you can write, collage, or paint in your junk journal!

### Supplies

- "Junk" paper
- Scissors
- Rubber bands

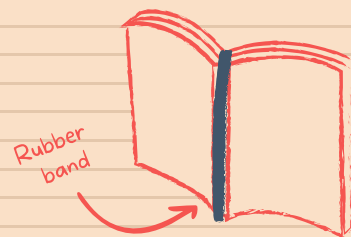
### Types of Junk Paper

- Junk mail
- Scrap paper
- Old magazines, postcards & flyers
- Anything else you can think of!

### Instructions

1. Cut out the book cover below and decorate it!
2. Cut your junk paper to fit your book cover.
3. Fold the pages in half one at a time and place inside your book cover.

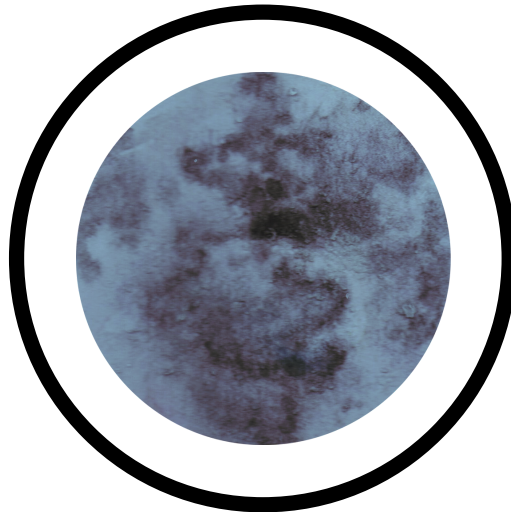
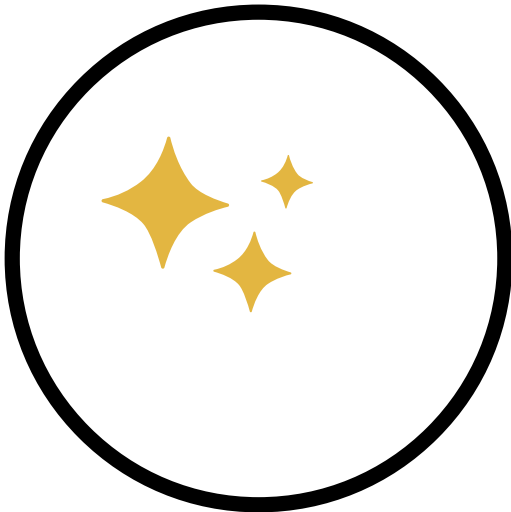
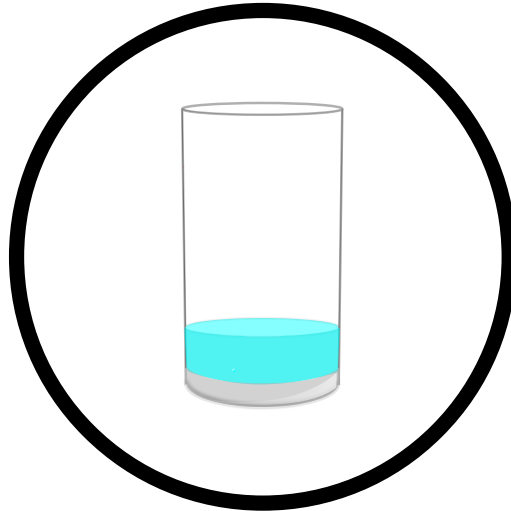
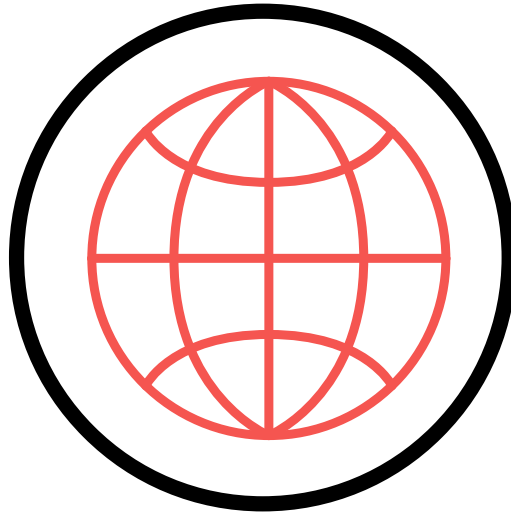
4. Wrap the rubber band around the fold of the paper, binding it down the middle.



5. What will you use your junk journal for?

## CREATE A THAUMATROPE

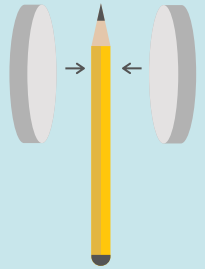
A thaumatrope is a type of optical illusion where two images appear as if they are combined when twirled quickly together. Read the instructions to make your own!



## Instructions

- Cut the circles out along the solid black lines. The circles come in pairs.
- Take a pencil or a chopstick (or anything that is long and thin) and glue each side of the paired circles together with the pencil in the middle.

*Be careful about lining up the images on each side of the pencil so that they exactly match.*



- After it dries, hold the bottom of the pencil between the palms of your hands.
- Roll your palms together quickly so that the image on each side flips back and forth quickly and comes to life!
- Challenge: Cut out two identical circles and draw your own designs on each side. What images would you choose to make your thaumatrope come alive?

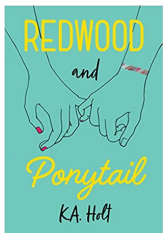
# NYPL After School BALANCE



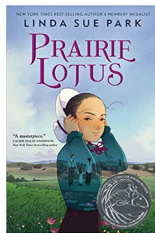
On the next few pages you'll find tips, books we love, and activities all about finding balance. Finding balance means making time for all of the things that are important to you, including making time to care for yourself.

## BOOKS WE LOVE

These books are some of our favorites titles about finding balance. 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.



**Redwood and Ponytail**  
by K.A. Holt



**Prairie Lotus**  
by Linda Sue Park



**The First Rule of Punk**  
by Celia C. Pérez



**Twins**  
by Varian Johnson, illus.  
by Shannon Wright



**Beyond Me**  
by Annie Donwerth-  
Chikamatsu



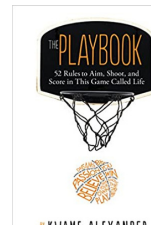
**Pippa Park Raises Her Game**  
by Erin Yun



**The List of Things That Will Not Change**  
by Rebecca Stead



**Stanley Will Probably Be Fine**  
by Sally J. Pla, illus. by  
Steve Wolfhard



**The Playbook: 52 Rules to Aim, Shoot, and Score in This Game Called Life**  
by Kwame Alexander

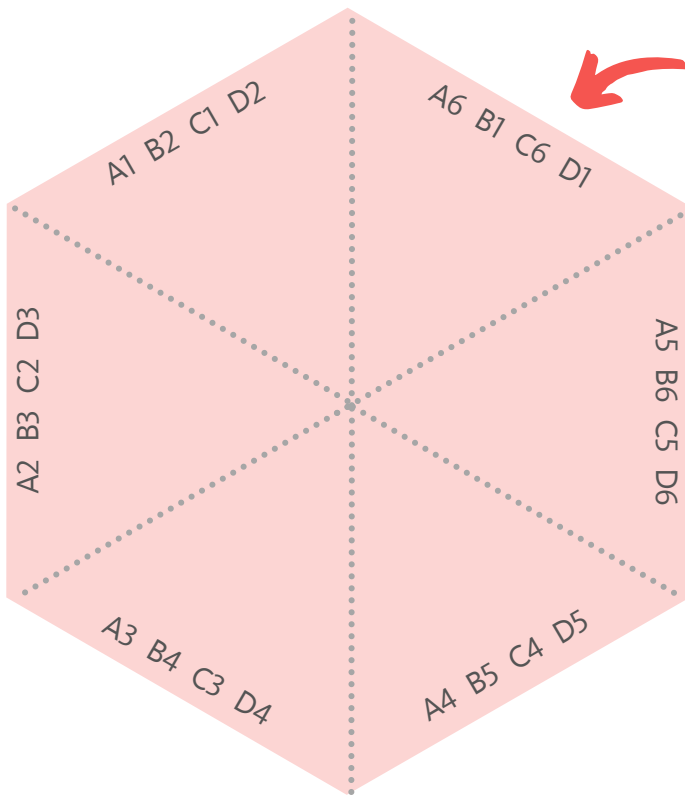


## QUICK TIPS

- While it's fun to play video games or learn something new on the internet, it can also be fun to play in the park or cook something at home. Make sure you find time for a variety!
- Many books feature characters who sometimes struggle to find a good balance between who they really are and who other people think they should be. When reading a book, stop and notice how the characters work on finding balance.

# FIND BALANCE BY CREATING A KALEIDOCYCLE

You have a lot going on in your life: family, friends, school, and then some. In this project we will focus on four of the things you have to juggle in a day. At the end, you will have a fun way to flip through it all and consider how to find the best balance.



## PART 1

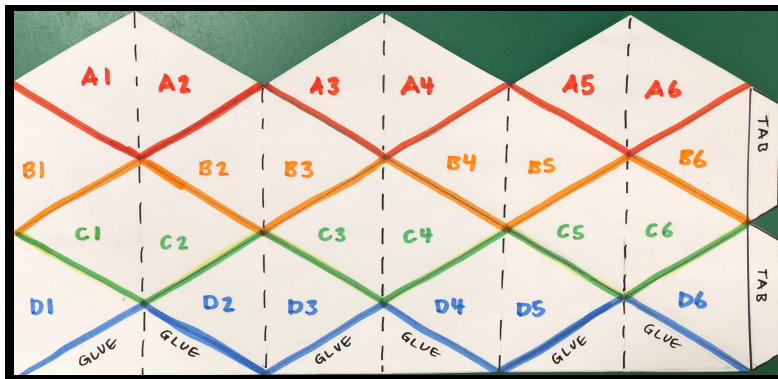
- To start, you're going to need four of these. Cut this one out and trace it onto your blank paper four times. Make sure to trace a thick border and include the dotted lines.
- Label the four hexagons A, B, C, and D. For the A hexagon, lightly write A1, A2, A3, and so on inside the triangles as shown on the diagram.
- Do the same (following the pattern on the diagram) for the B, C, and D hexagons.

## SUPPLY LIST

- 1 piece of standard copy paper
- 1 piece of heavyweight paper
- Tape or glue
- Scissors
- Drawing supplies

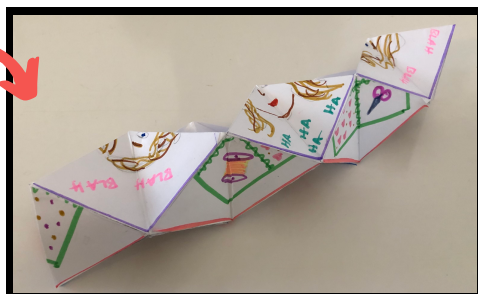
## PART 2

- Think about four things you have to balance in your daily life, e.g. family, friends, school, fun. Draw something that represents each thing in each of the four hexagons.
- Grab your piece of heavyweight paper. (If you don't have one you can glue two pieces of copy paper together, one on top of the other.)
- Cut up your hexagons into diamonds and triangles so that you can lay them out on the piece of heavyweight paper in the arrangement shown here. Pro Tip: The border on each piece will run along the bottom of its row.
- Once you have them in the correct arrangement, glue them down so that they butt up against each other, just as shown.
- Draw in "Glue" and "Tab" sections like shown.
- Now, cut out around this shape making sure to include the "Glue" and "Tab" sections.
- Fold along all of your vertical (up and down) and diagonal lines creasing well. Make this fold in both directions, forwards and backwards.



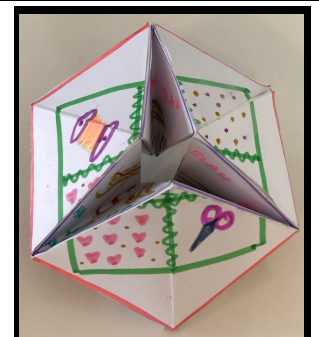
## PART 3

- After all this folding, your kaleidocycle should want to roll into a tube and show its hills and valleys. If not, press it a little.
- Glue or tape the open ends shut along the "Glue" sections.



## PART 4

- You will now have something that resembles a snake.
- Join the ends of your "snake" together by putting glue or tape on the "Tab" sections and inserting that section into the body of the snake. If you used glue, let it dry.
- Now spin your kaleidocycle!



## CREATE A BALANCING BIRD

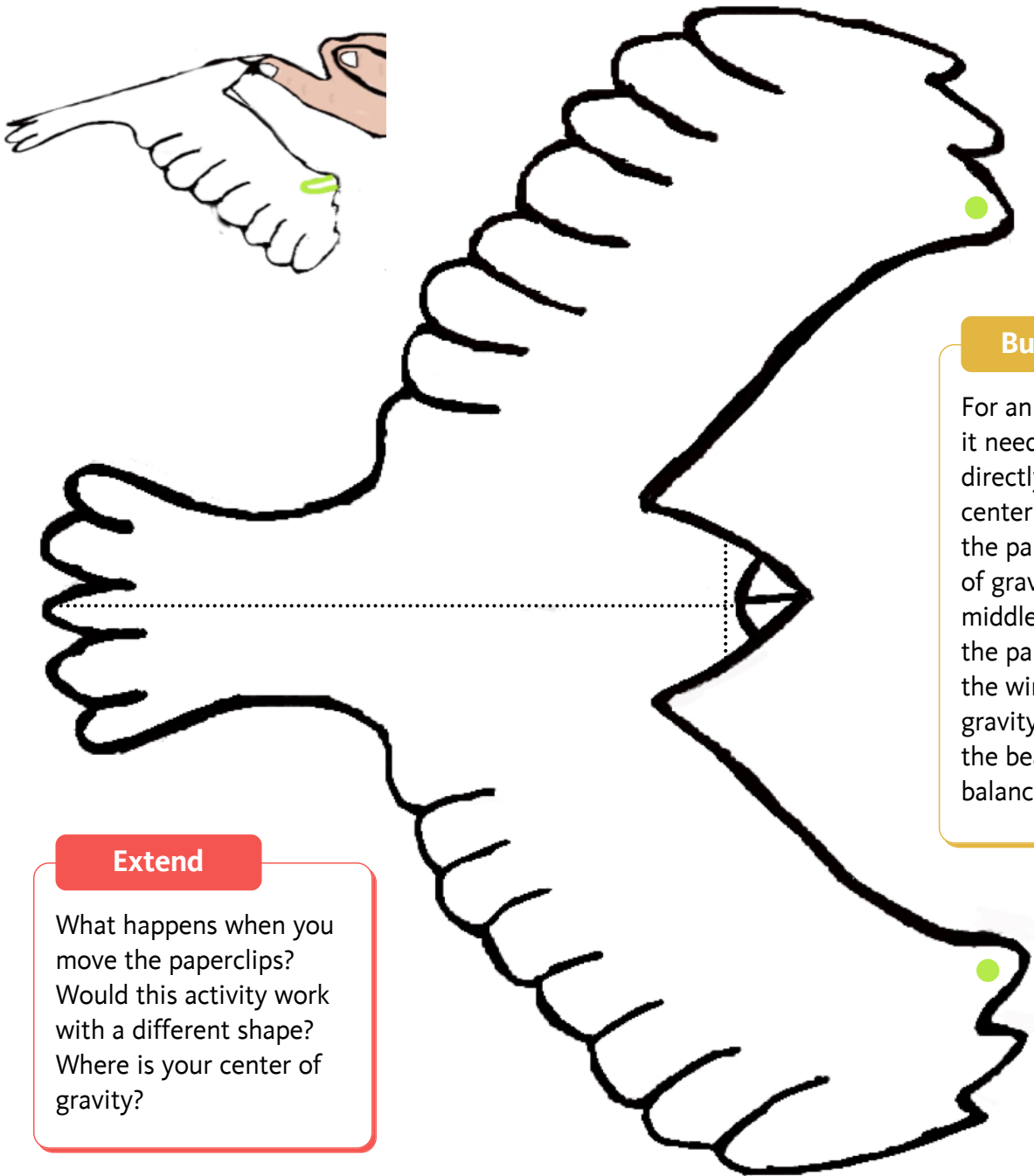
How well can you balance? Can you hop on one foot without falling over? Hold a book on your head? Complete this activity to see how balance works in surprising ways! After completing the activity think about other ways to find balance in your life.

### Instructions

1. Cut out the template and fold along the dotted lines.
2. Attach paper clips to the tips of each wing (see the diagram).
3. Place the tip of the bird's beak on your finger and see if it will balance!

### Materials

- Scissors
- Paper clips
- Optional: Drawing supplies to decorate



### But How?

For an object to balance, it needs to be supported directly underneath its center of gravity. Without the paperclips, the center of gravity is near the middle of the bird. When the paperclips are put on the wings, the center of gravity moves to the tip of the beak, so you can balance it on your finger!

### Extend

What happens when you move the paperclips?  
Would this activity work with a different shape?  
Where is your center of gravity?

## FIND BALANCE THROUGH DAILY JOURNALING

Finding balance between school work, extracurricular activities, chores, family time, having fun with friends, and alone time can be tough! Use a daily journal, like the one below, to help you reflect on your day and plan for the future.



**WHAT DID YOU DO TODAY?**



**How did you feel at the end of the day?**

**Did you finish everything you planned to do?**

**Did you make time for you and your hobbies?**



**WHAT ARE YOUR GOALS FOR TOMORROW?**

**REMEMBER: MAKING TIME FOR YOURSELF CAN BE A GOAL!**






# NYPL After School

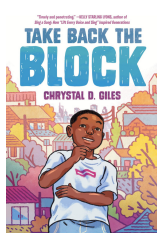
# ACT BOLDLY



On the next few pages you'll find books we love and activities all about acting boldly. Acting boldly means taking action to do something that will make a difference, help you confront a fear, or showcase your talents.

## BOOKS WE LOVE

These books are some of our favorite titles that give us examples of acting boldly. 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.



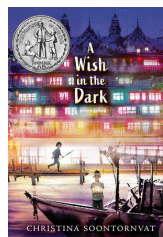
### Take Back the Block

by Chrystal D. Giles



### Brave

by Svetlana Chmakova



### A Wish in the Dark

by Christina Soontornvat



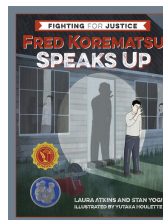
### Go with the Flow

by Lily Williams & Karen Schneemann



### Maya and the Rising Dark

by Rena Barron



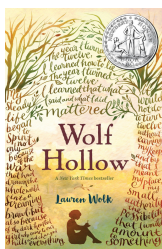
### Fred Korematsu Speaks Up

by Laura Atkins & Stan Yogi, illus. by Yutaka Houlette



### Efrén Divided

by Ernesto Cisneros



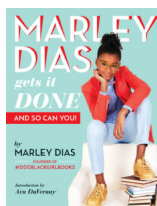
### Wolf Hollow

by Lauren Wolk



### Finish the Fight!

by Veronica Chambers and the staff of The New York Times



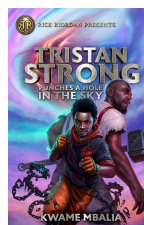
### Marley Dias Gets It Done: And So Can You!

by Marley Dias



### How to Change Everything

by Naomi Klein with Rebecca Stefoff



### Tristan Strong Punches a Hole in the Sky

by Kwame Mbalia



## ACT BOLDLY AND THINK LIKE A SCREENWRITER!

Movies tell stories in pictures—they show rather than tell. In order to make a movie, directors, storyboard artists, and screenwriters work together to create what we see at the movie theater. We want you to start thinking like screenwriter!

Use the blank storyboards on the next page to create your own visual story, where you are the main character ready to ACT BOLDLY and make the world a better place. In each box you'll sketch out a visual moment, emotion, or action. Then, add more details in the boxes to the right, like dialogue and scene descriptions. But don't forget: every scene needs a beginning, middle, and end!



*Setting*

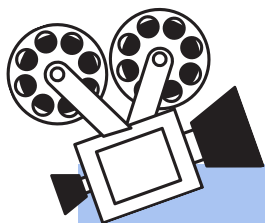
the beach

*Action*

leading a beach  
cleaning project

*Dialogue*

"Hello all! Thank you for  
coming out today."



### QUICK TIPS

Storyboards can be quick doodles. Don't worry about perfect drawings.

You can even take it one step further and write a full story to accompany your storyboards.



*Here's an example of a  
completed storyboard!*



### READ MORE

*How to Make a Movie in 10 Easy Lessons*  
by Robert Blofield

*Who Is Steven Spielberg?*  
by Stephanie Spinner

*Lights! Camera! Alice!: The Thrilling True  
Adventures of the First Woman Filmmaker*  
by Mara Rockliff, illustrated by Simona  
Ciraolo





*Beginning*

*Setting*

*Action*

*Dialogue*

*Middle*

*Setting*

*Action*

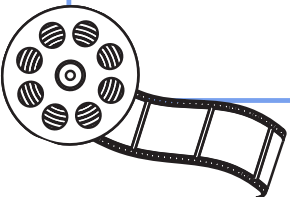
*Dialogue*

*End*

*Setting*

*Action*

*Dialogue*



## ACT BOLDLY BY WRITING A LETTER FOR CHANGE







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