

NYPL After School

# Activity Guides

*K–3rd Grade*

**Create**

**Balance**

**Act  
Boldly**



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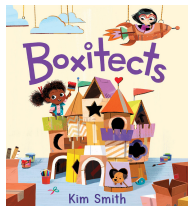
# NYPL After School CREATE



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

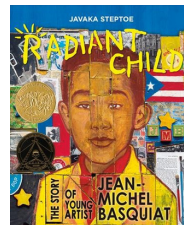
These books are some of our favorite titles that give us examples of creation and creativity. To check them out, place a hold online at [nypl.org](https://nypl.org) or call Ask NYPL (917-275-6975). If you are at a branch, ask a librarian how to place a hold. Books marked with a  are available as e-books.




**Boxitects**  
by Kim Smith



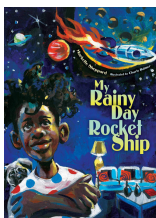
**What Do You Do with an Idea?**  
by Kobi Yamada, illus. by Mae Besom



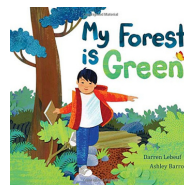
**Radiant Child: The Story of Young Artist Jean-Michel Basquiat**  
by Javaka Steptoe  




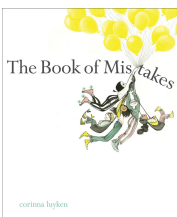
**Amy Wu and the Perfect Bao**  
by Kat Zhang, illus. by Charlene Chua



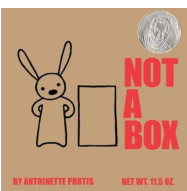
**My Rainy Day Rocket Ship**  
by Markette Sheppard, illus. by Charly Palmer  

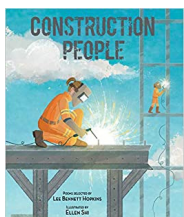
**My Forest Is Green**  
by Darren Lebeuf, illus. by Ashley Barron




**The Book of Mistakes**  
by Corinna Luyken



**Not a Box**  
by Antoinette Portis

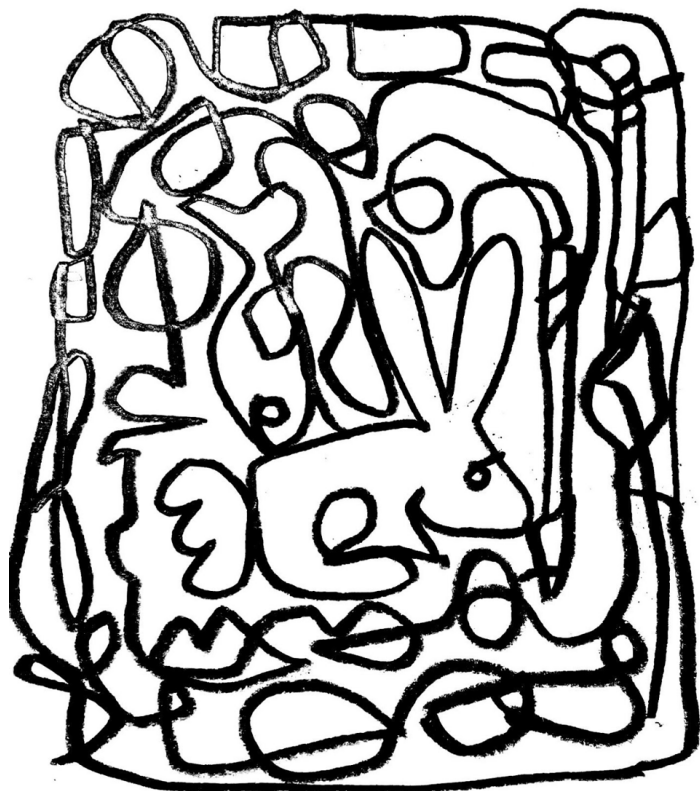


**Construction People**  
by Lee Bennett Hopkins, illus. by Ellen Shi  


## QUICK TIPS

- Get creative with recyclable materials! Gather cereal boxes, toilet paper rolls, plastic jugs, and more then make a structure or create a tool with your materials.
- Make a mini book by folding a few pieces of paper in half and stapling them together. Then fill it up with stories, comics, and poems that you write yourself!

## CREATE AN AUTOMATIC SCRIBBLE DRAWING



**Can you find the hidden shapes in this scribble drawing? Color them in!**

In the early 1900s, artists who believed that there are thoughts inside your head that you may not know are there created a new style of art called "surrealism."

**LET'S DRAW LIKE A SURREALIST!**

1. Using a pencil, fill the box with scribbled lines for two minutes. Don't stop until the box is filled.



2. Look at your scribbles carefully. Can you find any scribbles that look like something else? Use a dark marker to outline them and color them in.



## CREATE YOUR OWN DANCE!

Pick your favorite song and then practice the four dance routines below. In the boxes write the number of times you want to do the move. Try the dance combos to the song as you make your way to the dance party. Then teach someone else how to do your new dance!



## CREATE BY USING A MAD LIBS IDEA GENERATOR

Mad Libs is a game where you tell a silly story by throwing in different types of words. Except instead of telling a story we're going to come up with creative ideas!

**NOUN** a person, place, or thing!

TEACHER

ZOO

STICKER

**VERB** an action word!

FLY

CARTWHEEL

SING

**ADJECTIVE** a word that tells you how things look, taste, feel, sound, or smell!

PRETTY

NOISY

PURPLE

ROUGH

STINKY

YUCKY

Write your words in the empty boxes:

2

**THINGS (NOUNS)**

3

**VERBS**

4

**ADJECTIVES**

Hint: Include at least one color!

Now you're ready to start creating by filling in your words below! After you fill in your words, try creating the thing you came up with, even if it's silly.

### IDEA #1

A \_\_\_\_\_  
*adjective*

\_\_\_\_\_ that can  
*noun*

\_\_\_\_\_ and  
*verb*

\_\_\_\_\_ *verb*

### IDEA #2

Something

\_\_\_\_\_ ,  
*adjective*

\_\_\_\_\_ ,  
*adjective*

and \_\_\_\_\_  
*adjective*

### IDEA #3

A \_\_\_\_\_  
*noun*

that has \_\_\_\_\_  
*choose a number*

eyes, and likes to


\_\_\_\_\_ *verb*

# 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

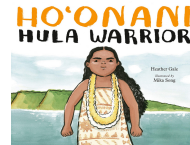
These books are some of our favorites titles about finding balance. To check them out, place a hold online at [nypl.org](https://nypl.org) or call Ask NYPL (917-275-6975). If you are at a branch, ask a librarian how to place a hold. Books marked with a  are available as e-books.



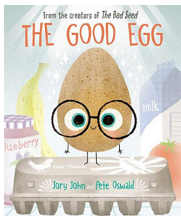
**She's Got This**  
by Laurie Hernandez, illus.  
by Nina Mata



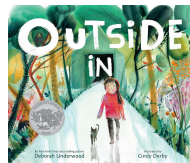
**Joy**  
by Corrinne Averiss, illus.  
by Isabelle Follath



**Ho'onani: Hula Warrior**  
by Heather Gale, illus. by  
Mika Song



**The Good Egg**  
by Jory John, illus. by  
Pete Oswald



**Outside In**  
by Deborah Underwood,  
illus. by Cindy Derby



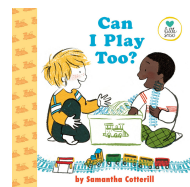
**Mel & Mo's Marvelous Balancing Act**  
by Nicola Winstanley,  
illus. by Marianne Ferrer



**Big Feelings**  
by Alexandra Penfold,  
illus. by Suzanne  
Kaufman



**It Feels Good to Be Yourself**  
by Theresa Thorn, illus.  
by Noah Grigni



**Can I Play Too?**  
by Samantha Cotterill



## QUICK TIPS

- Sometimes it's tough to balance what others want to do with what you want to do. We suggest trying to find a compromise (a choice that works for both of you). If a compromise is hard, you can choose one or the other and then let the other person choose next time!
- When you are reading a book, notice how a character balances and works through their emotions. What do they do when they are upset? Scared? Embarrassed? Excited?



## COMPLETE THIS BALANCE CHALLENGE CHECKLIST

Finding balance in your body or by using objects can help make you feel calm in your mind. How many of these balance activities can you complete? Check off the ones you have successfully completed! What other balance activities can you think of?

- ☐ Stand on one foot—like a flamingo!—and try not to fall.
- ☐ Place pillows on the floor and try to walk across them.
- ☐ Make a list of people and/or things you are grateful for.
- ☐ Stack a tower of plastic or paper cups as high as you can!
- ☐ Stand with one foot on the ground and one foot on an elevated surface, such as a step or a stool.
- ☐ Try putting on your socks and shoes while standing.
- ☐ Think of something that makes you feel calm and centered. Now go do that thing!
- ☐ Choose your favorite stuffed animal and try to balance it on your head.
- ☐ Pretend you are walking on a tightrope in the circus.
- ☐ Find a leaf outside. Can you balance it on one finger?
- ☐ Can you pretend you are walking on a tightrope backward?
- ☐ Make a list of your greatest strengths. Think about them the next time you are feeling down.
- ☐ Turn on some music and do the freeze dance. Try not to move when you are frozen!
- ☐ Sit up tall and reach for things from various angles, even behind you.
- ☐ Make sure you're drinking enough water!





## ROLL THIS CUBE TO FIND BALANCE

When we take the time to be aware of how we are feeling, both in our bodies and in our minds, it's easier to find balance in the world around us. Roll this cube when you need some help making space for your emotions. Each side is an action that can help you find this balance!

### INSTRUCTIONS

Cut along the dotted lines and fold on the solid lines to form a six-sided die. You will need glue or clear tape to keep the tabs in place once you fold the cube up.

### NOTICE & NAME

Pay attention to your body. How are your emotions making your body feel? You can say these emotions out loud if you'd like.

### SLOW-MOTION SNACK

Have a mindful snack by thinking about and describing the smell, texture, and taste of your food.

### WEATHER REPORT

Give a weather report that best describes how you are feeling at this moment. Stormy with rain? Sunny clear skies? Somewhere in between?



### DID YOU KNOW?

You can use these actions even if you don't have the cube with you! Think of them as a special trick for helping you figure out what you're feeling. Sometimes they can even help you feel better if you are dealing with something that is sad or upsetting.

### SEND A WISH

Send a wish of loving kindness to yourself, a friend, or even someone you've never met.

### BELLY BREATHING

Place a hand on your tummy and take deep, slow breaths in... and... out.

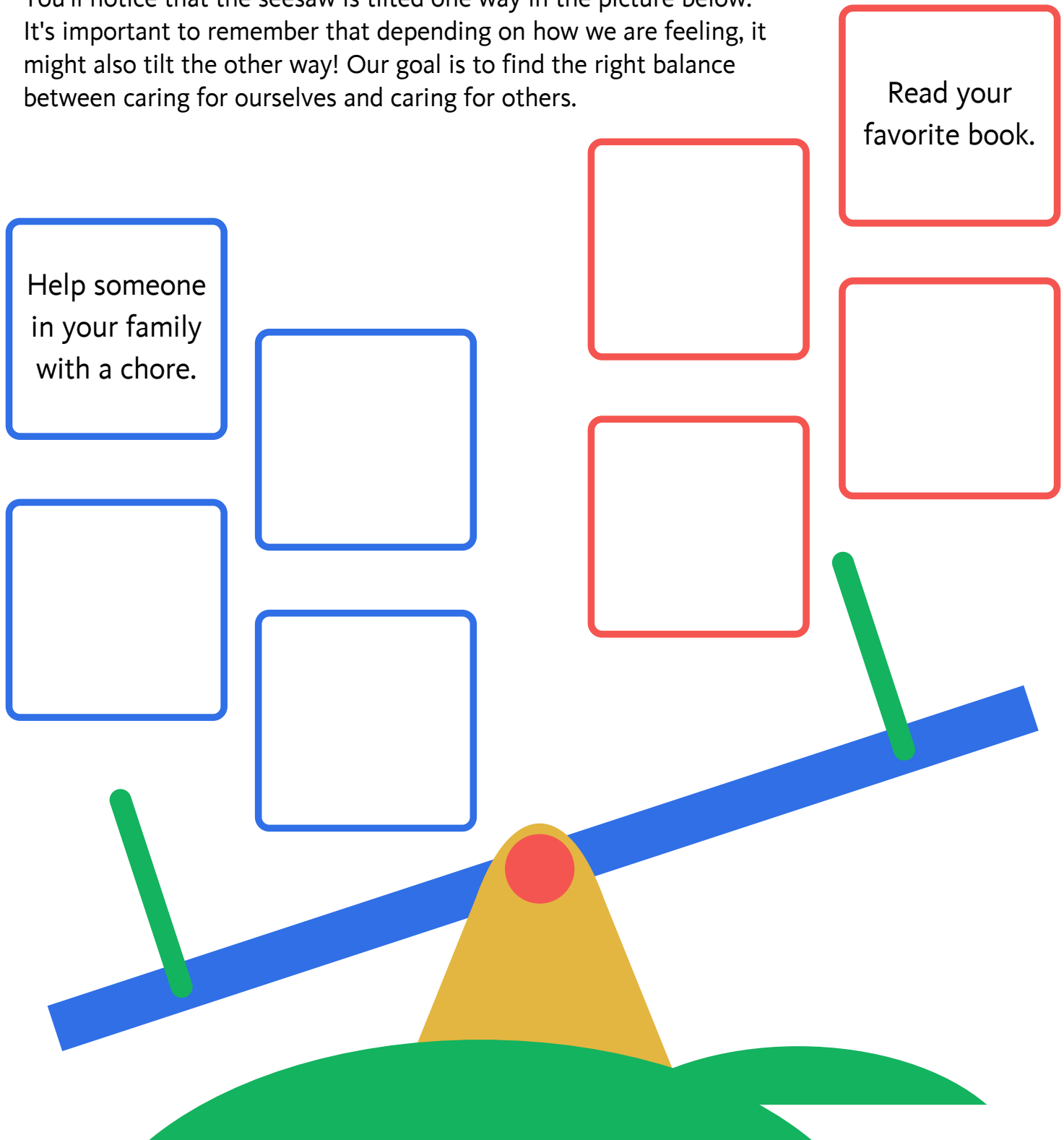
### SIT OR STAND

Plant your feet flat on the ground and notice your connection to the floor. How do you feel?

## THINK ABOUT FINDING BALANCE IN YOUR LIFE

Finding balance can mean thinking about how to help others as well as how to take care of yourself. In the blue boxes, write down three ideas for how to help others. In the red boxes, write down three ideas for how to care for yourself.

You'll notice that the seesaw is tilted one way in the picture below. It's important to remember that depending on how we are feeling, it might also tilt the other way! Our goal is to find the right balance between caring for ourselves and caring for others.




# NYPL After School

# ACT BOLDLY



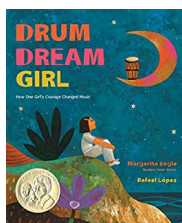
On the next few pages you'll find tips, books we love, and activities all about acting boldly. Acting boldly means taking action to do something that will make a difference, help you confront a fear, or showcase your talents.

## BOOKS WE LOVE

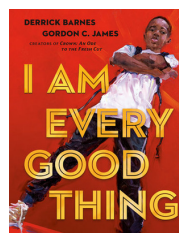
These books are some of our favorite titles that give us examples of acting boldly. To check them out, place a hold online at [nypl.org](http://nypl.org) or call Ask NYPL (917-275-6975). If you are at a branch, ask a librarian how to place a hold. Books marked with a  are available as e-books.



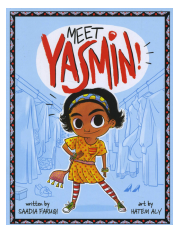
**Say Something!**  
by Peter H. Reynolds



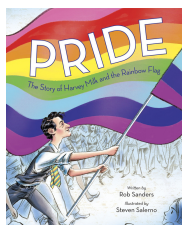
**Drum Dream Girl**  
by Margarita Engle, illus.  
by Rafael López



**I Am Every Good Thing**  
by Derrick Barnes, illus.  
by Gordon C. James



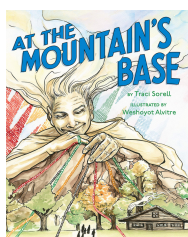
**Meet Yasmin!**  
by Saadia Faruqi, illus. by  
Hatem Aly



**Pride: The Story of  
Harvey Milk and  
the Rainbow Flag**  
by Rob Sanders, illus. by  
Steven Salerno



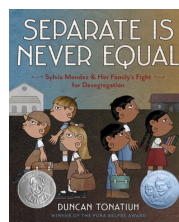
**After the Fall: How  
Humpty Dumpty  
Got Back Up Again**  
by Dan Santat



**At the Mountain's  
Base**  
by Traci Sorell, illus. by  
Weshoyot Alvitre



**Shark Lady**  
by Jess Keating, illus. by  
Marta Álvarez Miguéns



**Separate Is Never  
Equal**  
by Duncan Tonatui



**Sofia Valdez,  
Future Prez**  
by Andrea Beaty, illus. by  
David Roberts



**The Youngest  
Marcher**  
by Cynthia Levinson,  
illus. by Vanessa  
Brantley-Newton



**It Began with a  
Page**  
by Kyo Maclear, illus. by  
Julie Morstad

## ACT BOLDLY BY PLANNING AN ADVENTURE!

Take an adventure by planning a trip in your neighborhood, around New York City, or at home!



### \_\_\_\_\_ 's Adventure List

**I will learn** \_\_\_\_\_.

(Add a new skill, e.g. how to ride a bike.)

**I will visit** \_\_\_\_\_.

(Add a beach, park, or neighborhood.)

**I will travel by** \_\_\_\_\_.

(Add a subway, bus, or ferry line.)

**I will try** \_\_\_\_\_.

(A new veggie, fruit, or dish!)

**Add a few more ideas to your adventure list below!**

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**Need ideas? Here are some places and activities you can add to your list.**

- Take a photo with Patience and Fortitude on the steps of The New York Public Library at Fifth Avenue and 42nd Street.
- Take a ride on the Staten Island Ferry – it's free!
- Visit Van Cortlandt Park for a picnic.



## ACT BOLDLY AND CREATE SIGNS FOR CHANGE!

When you want to make a difference, it's important to convince others to help you make a difference too. There is power in numbers!

One way to do this is by making signs about something you care about that you think other people should care about too. You can post these signs in places where other people can see them or take them to a special event. Below is a sign that you can color and decorate, but we've also given you instructions and space on the next page to come up with a sign of your own.



# CHOOSE KINDNESS

### Step #1: Come Up With a Message

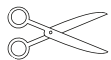
What is something you care about? The environment? Animal rights? Bullying? Racial justice? Once you've decided what you care about, come up with a simple message that will convince other people that this should be important to them too.

Write your message in large letters on your sign and decorate with colorful symbols that support your message.

Where will you post or take the signs? Show the world what you care about!

### Step #3: Take Action

### Step #2: Make Your Sign



Create your own sign for change here. To make it sturdier, cut it out and glue it onto the back of a cereal box.





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