

# Human

Activity Book



# Bringing the Buzz to You!

The Buzzword Pittsburgh partners designed this kit to inspire your family to keep learning together. We chose activities that build on your child's natural curiosity, encouraging a growing vocabulary and a deeper engagement with books.

So, are you ready to get buzzing? First, read through **Antiracist Baby** written by Ibrah X. Kendi and illustrations by Ashley Lukashevsky with your child. Then, go through the different activities, experiments, and ideas together, taking time to explain the meaning of the words and connecting them to your child's real-life experiences. Visit [www.BuzzwordPGH.org/human](http://www.BuzzwordPGH.org/human) for resources, workshops and more.

Check out these high-quality book lists developed by the Carnegie Library of Pittsburgh to promote antiracism, social justice, and positive racial development. [www.carnegielibrary.org/staff-picks/race-and-social-justice-books-for-kids/](http://www.carnegielibrary.org/staff-picks/race-and-social-justice-books-for-kids/)

- **Race and Social Justice** (For K-5 students)
- **African American Identity and African American History** (For babies and toddlers)
- **African American Identity and Everyday Life** (For pre-k students)
- **African American History, Biography & Culture** (For pre-k students)
- **Talking to Children and Teens About Race**



Scan this QR code to complete your survey and you could **WIN A SPECIAL GIFT FROM BUZZWORD PITTSBURGH!**

Your feedback helps us to deliver opportunities for discovery and learning to families like yours. Please take a minutes for a quick survey about your Buzzword Buzz Box. It's really important that we hear from you.

## Experiencing Emotions

**Materials:** Cut-out human, crayons, string, old sock, other optional items

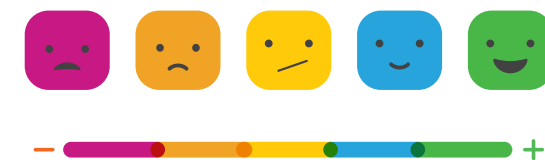
Emotions help make us human and children experience complex feelings just like adults. They get excited, frustrated, sad, nervous, worried, jealous, frightened, worried, angry, and embarrassed. Young children don't always have the vocabulary to talk about their feelings and may express them through facial expressions, body movements, behavior, and play.

You play an important role in helping children understand feelings and showing them how to manage them in constructive ways. Try these conversation starters to help your child describe feelings and connect actions to them. Use the feelings chart to talk about how their face and body may change when their feelings do.

What was the funniest thing that happened to you today?  
Are you happy/angry/upset about something?  
What do you love doing?  
What did you learn today? Can you teach me about it?  
How are you feeling today?  
What's something that makes you happy?  
What makes you angry?  
What scares you?

### You're Human, Too!

Make a paper version of yourself! Use the cut-out human, crayons, and any fun things you can find in your space. Try string for hair, old socks for clothes, or any other creative ideas your family may think of together!



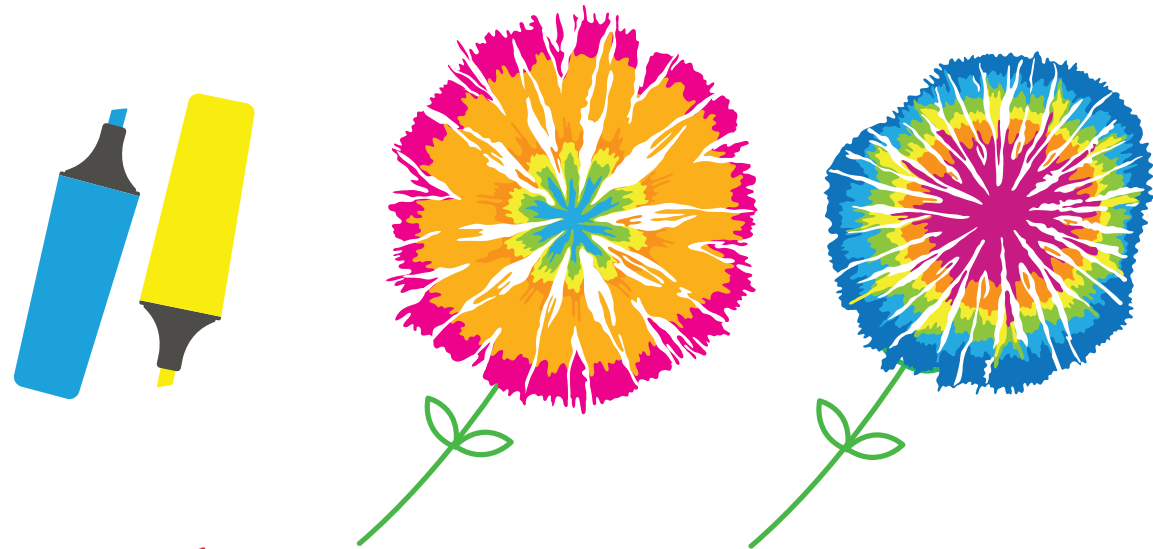
Trying  
together

# Coffee Filter Flowers

**Materials:** Pipe cleaner, coffee filter, pipette, marker, tape (optional)

Just like humans grow and learn, flowers grow and change as well. Let's create our own colorful flower as a reminder to always keep growing! Find a surface to work on, one that can get wet (ex. wax paper, paper plate, paper towel)

- Step 1:** Color your coffee filter using markers.
- Step 2:** Use a pipette to drop some water onto the coffee filter.
- Step 3:** Dry your coffee filter for at least 30 minutes, to allow colors time to mix.
- Step 4:** Carefully poke a pipe cleaner through the center of the coffee filter (tape it into place if needed).
- Step 5:** Fold and crinkle coffee filter into a flower shape.
- Step 6:** (Optional) Layer more than one coffee filter on your flower as needed.



# Celebrate Me! Self-Portraits

**Materials:** Mirror (please be aware the mirror is glass, handle with care), cultural crayons, paper

In the book, *Antiracist Baby*, the author Ibram X. Kendi talks about nine steps to equity. Equity is a word that means making sure everyone has what they need to be successful. The first step in creating equity that Ibram talks about in his book is to "open your eyes to all skin colors." Ibram also talks about celebrating our differences in step five.

Everyone is unique! We all have different smiles, different shaped bodies, and different skin tones. We are all human and our differences are beautiful and interesting and help to make the world a more diverse place.

- Step 1:** Use the mirror in your box to look closely at yourself. Pay special attention to the different colors you see in your skin. We are not made up of one color, but many!
- Step 2:** What colors can you find?
- Step 3:** Use your mirror, cultural crayons, and paper to draw a self-portrait! How is your skin tone different from your friends or family members?
- Step 4:** Use your materials to draw as many portraits as you would like. Notice how everyone is different and no two skin tones are exactly alike—that's what makes us diverse!



# Dance Dice Game

**Materials:** Template, dice, scissors

Video Instructions/Tutorial: <https://tinyurl.com/y4wcc2h9>

We are all human and can do many different movements with our bodies. Animals can jump or swim or even fly, but most can't do more than a few actions. Humans are different in that we can do all kinds of movements. Play the Dance Dice game and see what you can do!

**Step 1:** Make the Dance Dice

Cut out the template.

Fold the template into a cube like the die provided. Secure the tabs with clear tape.

Optional: Wrap the entire die with tape to protect it from wear.

**Step 2:** Play the Dance Dice game

Roll the movement die.

Roll the number die (provided).

Perform the movement the number of times the die lands on.

Keep playing until you've rolled all the movements. Then play

Parents ask your children: What other movements can you do that aren't on the dice?



PITTSBURGH BALLET THEATRE

# We Are One

**Materials:** Dance ribbon

Follow along with the video at [www.BuzzwordPGH.org/human](http://www.BuzzwordPGH.org/human)

**Step 1:** Hello Friends Hello! Let's sing a participatory welcome song to begin on time together.

**Step 2:** Do a creative movement that shows the world love. We will dance big sweeping that uses both sides of the brain. Using the dance ribbon, let's celebrate how wonderful it is to dance together.

**Step 3:** Let's do a unity dance. We'll learn a dance phrase that uses large movements, full hearts, and the energy that promotes collective uplift and joy.

**Step 4:** Use the dance ribbon to create your own 3-5 part dance combination to share with family and friends that lets them know they are special and loved.

**Step 5:** Think of other ways we can use music, dance and visual arts to help people play nice together.

Remember you can use your shaker eggs, your kazoo, and gifts you've received in other Buzzword Buzz Boxes to create memorable dances, and music that encourage all of us to get along.



PITTSBURGH  
CULTURAL  
TRUST

# Chant: All Human

**Materials:** Voice, body, coloring sheets, jump rope optional

Follow along with the video at [www.BuzzwordPGH.org/human](http://www.BuzzwordPGH.org/human)

**Step 1:** Watch the video.

**Step 2:** Learn the chant and movement.

**Step 3:** Chant and move with us.

**Step 4:** Color the coloring sheets inspired by the chant.

## All Human

We all laugh  
and we all cry.  
We all feel.  
Do you know why?  
Cause we're all human  
and we all belong.  
I said we're all human  
and we all belong.

I am me  
and you are you.  
We're all unique  
and the same too.  
Cause we're all human  
and we all belong.

I said we're all human  
and we all belong.

So I'll be kind  
and I'll be fair.  
I'll be nice.  
I'll show I care  
Cause we're all human  
and we all belong.  
I said we're all human  
and we all belong.



PITTSBURGH  
FESTIVAL  
OPERA

# Make a Mini Garden

**Materials:** Pea pot, soil, seeds, water, crayons, markers (optional)

The Heinz History Center has an exhibit called From Slavery to Freedom and a micro site that explains Africans experience in America and what it was like to fight for freedom. In collaboration, the Pittsburgh Parks Conservancy has a partner exhibit called From Slavery to Freedom Garden. Located in Frick Park near the Environmental Center, the garden grows plants that Africans used to survive during their journey to freedom. Humans are a part of nature; nature impacts us and we impact it. Explore [www.pittsburghparks.org](http://www.pittsburghparks.org) and [www.heinzhistorycenter.org](http://www.heinzhistorycenter.org) to find out more!

Try making a mini garden with your family and growing an herb this winter. Included is a pea pot, 5-7 basil seeds and some soil.

**Step 1:** Take the bag of soil out of the pea pot.

**Step 2:** Take the small bag of seeds out of the bag with the soil.

**Step 3:** Decorate your pea pot with crayons/markers if you would like!

**Step 4:** Put the soil from the bag in the pea pot.

**Step 5:** Stick your finger in making a few holes for seeds about  $\frac{1}{4}$  of the way down.

**Step 6:** Place seeds in the holes.

**Step 7:** Pat soil over the holes.

**Step 8:** Water until soil is moist.

**Step 9:** Put it near a window.

**Step 10:** Water twice a week.

**Step 11:** Watch it grow!

When you have grown some basil try cooking with it! You can add it to pizza and spaghetti.



 PittsburghParks.org

# Remember the 3 B's

## Be Present

Use pictures, words, and definitions to investigate math, science, and art! Engage your child's curiosity by saying new words, repeating them, and explaining their meanings.

## Be Playful

Have fun with vocabulary! To make words come to life, you can talk, write, read, play, and sing with your child.

## Be Proactive

Explore fun and easy activities that use one word and build upon it. Your child's world will open up – there will always be new words with fresh meanings and exciting ways to apply them daily.



# Who Are We?

Buzzword Pittsburgh excites children and families as they experience the words that are all around them. Through talk and play about math, science, and art, young children will expand their vocabularies and conversation skills. The program engages families and community organizations in Pittsburgh's Homewood neighborhood and the greater community.

The Buzzword Pittsburgh collaborative consists of six partner organizations with expertise in the arts and sciences. These partners provide interactive learning opportunities that encourage imagination, investigation, creation, and reflection. This initiative is supported by The Heinz Endowments and PNC Grow Up Great®.





**Supported By:**

THE HEINZ  
ENDOWMENTS  
HOWARD HEINZ ENDOWMENT  
VIRA I. HEINZ ENDOWMENT

