

Senses

Activity Book



Bringing the BUZZ to You!

The Buzzword 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, who's ready to unbox the BUZZ!? First, read through *I Hear a Pickle: and Smell, See, Touch, & Taste It, Too!*, written by Rachel Isadora, 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.

SENSES Book Recommendations from Carnegie Library of Pittsburgh!

Our SENSES communicate important information, like if it is cold and we need to wear a jacket, or if a delicious treat is baking in the oven. All of this sensory information can be overwhelming, so exploring how our SENSES work may help children to process the sound, sight, taste, touch, and smell of the busy world around them. Here are 6 books that explore our SENSES, all available through Carnegie Library of Pittsburgh.

Check out some of our favorite books on SENSES.

www.carnegielibrary.org/staff-picks/senses/

My City Speaks by Darren Lebeuf

Song in the City by Daniel Bernstrom

Sounds All Around: The Science of How Sound Works
by Susan Hughes

See, Touch, Feel: A First Sensory Book to Share With Your Baby
by Ellie Boulwood

Personalized Recommendations

Looking for a good book, album, movie, or TV show? We're happy to recommend them to you! Use this Personalized Recommendations form to send a CLP librarian some information about what you like and we'll curate a list just for you.

www.carnegielibrary.org/match



SENSES Book Recommendations from Buzzword!

The Buzzword Collaborative develops a [supporting list of books](#) that captures the feeling and meaning of that box's Buzzword. With so many fun, educational books out there, it's hard to include them all in one box.

Here are a few books on the 5 SENSES that you can find online or at your local library:

Ears, Nose, Eyes... Surprise! by Sarah Jones

I See, I Touch... by Giuliano Ferri

See, Touch, Feel: ROAR: A First Sensory Book by Roger Priddy

This Beach is Loud! by Samantha Cotterill

I Hear a Pickle (and Smell, See, Touch, and Taste It, Too!)
by Rachel Isadora

Ice Cream in a Bag

Materials: Color changing spoon, measuring spoons, measuring cup, small resealable bag, large resealable bag, instruction card (food items such as half-and-half, sugar, vanilla extract, etc. are NOT included)

Optional: gloves or over mitts (NOTE for parents/caregivers: This activity may get messy!)

- Step 1:** Ask a caregiver or parent to collect half-and-half, vanilla extract, sugar, salt, and lots of ice cubes.
- Step 2:** Find the large resealable plastic bag in your BUZZ Box. This large bag will have the following materials within it: measuring spoons, measuring cup, and tasting spoon.
- Step 3:** Open the bag and pull out all of the materials and the instruction card.
- Step 4:** Follow the steps on the instruction card to make your very own "ice cream in a bag!"
- Step 5:** After making your ice cream, stop and think about what your ice cream tastes like.

Extension Activity: Find a mirror and stick out your tongue! Do you see all those little bumps? Those are your PAPILLA (PUH-PILL-EE). Most of those bumps have taste buds. Those taste buds have tiny, TINY hairs that send messages to our brain about how something tastes. When you taste ice cream, your brain decides if it's sweet, salty, sour, or bitter. How cool is that?!

SENSE of Taste Scavenger Hunt

It is thought that different zones of the tongue are better at identifying different tastes. Check out the Tongue Taste Zones sheet to see where certain flavor receptors are located.

Let's do a taste scavenger hunt to see what types of tasty foods you may have in your home and how they taste on different areas of your tongue!

Materials: Tongue Taste Zones sheet, spoon, up to ten food items from your home (food items NOT provided)

- Step 1:** With your caregiver or parent, gather the Tongue Taste Zones sheet and the foods you plan to taste. You may want to try some things from your pantry, refrigerator, or freezer. Consider things like fruits, vegetables, snacks, and condiments.
- Step 2:** Review the different characteristics of each taste. Sometimes foods may have more than one flavor. There's a spot for those foods too!
- Step 3:** Sample each food item. What flavors do you taste? You or your caregiver can write the food item under the appropriate taste.
- Step 4:** Try tasting different items with different parts of your tongue. Does that change how they taste to you?

Extension Activity: Having fun taste testing? Feel free to try as many foods as you would like! Or continue the discussion with your caregiver or parent next time you sit down for a meal.

Let's Use Our SENSE of Touch!

Our SENSE of touch is important to exploring our world! Touch helps us determine which objects we encounter are hot or cold; rough or smooth; hard or soft (we call these terms "touch words"). Before you touch something new, ask your parent or caregiver to be sure that object is safe for you to hold or handle. Today, using a cutout of a hand, we will safely explore different textures around our homes!

Materials: Hand Cutout sheet with touch labels, sandwich bag of 5 objects (cotton ball, sandpaper, buttons, wax paper, and bubble wrap), glue stick

Step 1: Find the Hand Cutout sheet that has touch labels on each finger. Set aside.

Step 2: Take out the 5 different objects that are in the sandwich bag. Use your SENSE of touch and explore each object. How do they feel?

Step 3: Match the object to the finger with the "touch word" that best describes how the object feels to you!

Step 4: Feel free to glue the objects to the fingers when you decide which object goes to each finger.

Extension Activity: Do you have other objects around your house that feel "soft," "rough," "hard," "smooth," or "bumpy?" Add them to the different fingers! Think of our "touch words" that describe how things feel. Share with friends and family to see how many you can come up with!



How Can You Be What You See?

Our SENSE of sight helps us to identify the many animate and inanimate objects that surround us. Using your SENSE of sight, you and your parent or caregiver will put out different objects and dance to what you see!

Materials: SENSES Activity Book, your body

Step 1: Identify each picture on this page below.

Step 2: Name the images that you see with your caregiver or parent. Can you name an animal on this page? How about something that can fly?

Step 3: After naming all the images, go through them again and dance out the picture with your parent or caregiver! What types of dance moves would a bunny have? How would you dance to fireworks?



Extension Activity: What type of dance moves would Buzzy the Bee make?

PITTSBURGH BALLET THEATRE

Smelly Pickle Puppet Paintings

Using our SENSE of smell, we are going to paint in a very strange way!

Materials: Paper Pickle Puppet, green tissue paper, vinegar in a spray bottle, popsicle stick
Optional: markers (not included)

- Step 1:** Read *I Hear a Pickle: and Smell, See, Touch, & Taste It, Too!* written by Rachel Isadora with your parent or caregiver.
- Step 2:** Get out the paper pickle puppet and smell it. Can you smell paper?
- Step 3:** Open the spray bottle with vinegar. Can you smell the vinegar? Pickles are made from putting cucumbers in vinegar and letting them sit for a while.
- Step 4:** Close the spray bottle and then use it to spray vinegar on the paper pickle puppet.
- Step 5:** Place tissue paper in the vinegar that was sprayed on the paper pickle puppet. Spray some more vinegar if the surface has dried.
- Step 6:** Set your pickle in a sunny place to dry before removing paper. What does the paper pickle smell like now?
- Step 7:** If you would like, use markers to draw a face on your pickle.
- Step 8:** Peel the sticker off the popsicle stick and stick the popsicle stick to the back of your pickle to make it a puppet!

Extension Activity: For fizzy paint effects, sprinkle one teaspoon of baking soda on paper pickle while it is still wet.



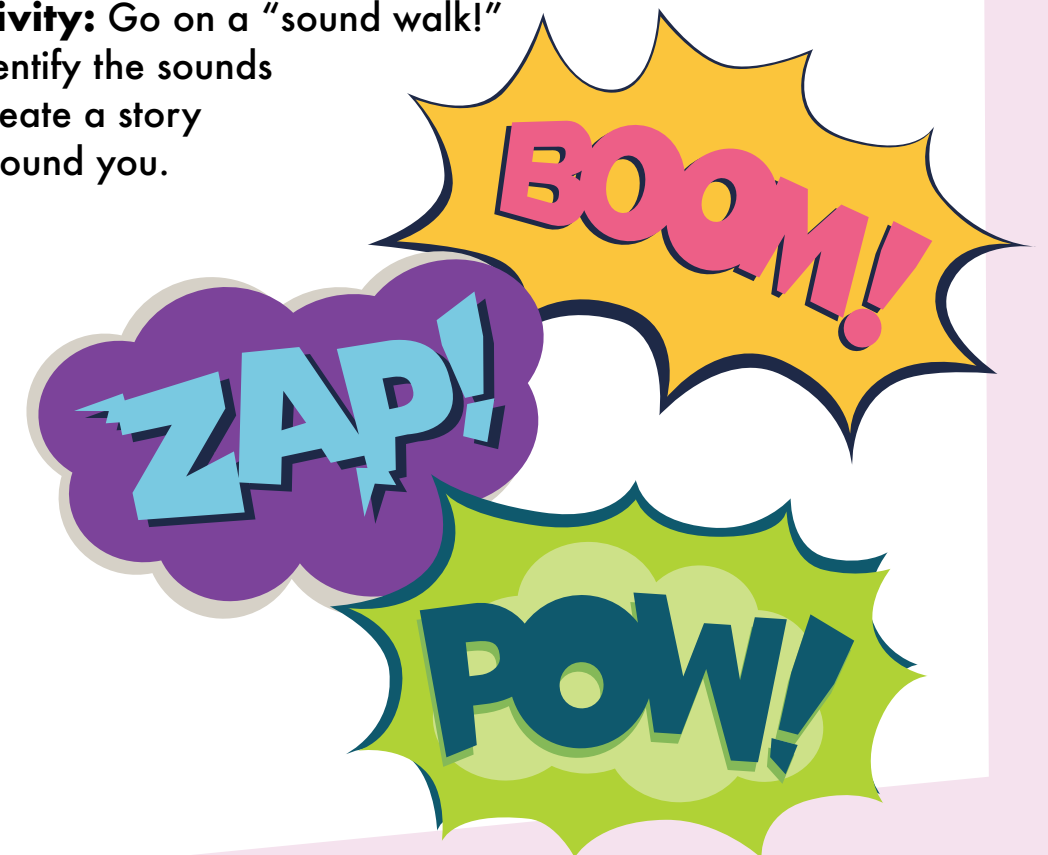
Sounds of Pittsburgh: A Create-Your-Own-Comic Adventure!

Our ability to hear is one of our important 5 SENSES! We use our ears to take in lots of different sounds around our city. Some sounds are loud, some are soft, some are startling, and some are calm. We can hear happy sounds, sad sounds, and of course, musical sounds!

Materials: Comic page, crayons, markers

- Step 1:** In each window of the comic page, read the words inside. Where might you hear these sounds?
- Step 2:** Draw a picture to go along with the sounds to complete the story! You can create whatever you'd like. Use your imagination. And your ears!

Extension Activity: Go on a "sound walk!" As you walk, identify the sounds you hear and create a story of the sounds around you.



Nature Rubbings

So many things around us feel different, some are soft, rough, wavy, etc. Take a walk outside and see what different textures you can find in nature. While you're out, grab some leaves, sticks, bark, etc. You're going to use these items to make art!

Materials: Paper, crayons

- Step 1:** Gather together all of the items you collected while outside. This can look like leaves, sticks, or bark from a tree.
- Step 2:** Pull out a few of your favorite colors of crayons. Peel the paper off the sides of each crayon.
- Step 3:** Place one of the outdoor items under your piece of paper.
- Step 4:** Watch the difference in textures appear through the paper.



Research Says

From birth to age 5 years, young children's brains are rapidly developing. During this time, little ones are more open to learning and becoming inspired. Talking with a child helps increase vocabulary development and communication skills needed throughout life.

A child's early vocabulary skills grow in real-life settings through positive interactions and conversations about the world.

Who Are We?

Buzzword Pittsburgh excites children and families as they experience the words that are all around them. Through talk and play that incorporates math, science, and art, young children will expand their vocabularies and conversation skills. The program engages families and community organizations throughout Allegheny County.

The Buzzword Pittsburgh collaborative consists of partner organizations with expertise in the arts and sciences and local family centers. These partners provide interactive learning opportunities that encourage imagination, investigation, creation, and reflection. Buzzword Pittsburgh is supported by PNC Grow Up Great® and the Allegheny County Department of Human Services.

Partner Organizations:



PITTSBURGH BALLET THEATRE

 PittsburghParks.org



BUZZ WORD

PGH.ORG



Supported By:

