

BUZZ
WORD
PGH.ORG



Brave

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 **The Day You Begin** written by Jacqueline Woodson 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.

Personalized Recommendations Just for You!

We need bravery to try new things. Caregivers can help to support their children by reading books that prepare them for new experiences. Here are some of our CLP favorites that can inspire kids to approach the school year with bravery.

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

- **Butterflies on the First Day of School** by Annie Silvestro
- **Just Ask! Be Different, Be Brave, Be You** by Sonia Sotomayor
- **The Queen of Kindergarten** by Derrick Barnes
- **Cannonball** by Sasha Cotter
- **Isabel and Her Colors Go to School** by Alexandra Alessandri
- **Lena's Shoes Are Nervous: A First-Day-of-School Dilemma** by Keith Calabrese
- **Wallpaper** by Thao Lam

For more information, visit www.BuzzwordPGH.org/brave

BRAVE!

Measure with Movement

Materials: Household items, yourself, measuring tape

You may have noticed there were a lot of rulers in this book! Can you count the number of rulers? In our activity, we are going to do a lot of counting. First, you will count how many jumps it takes for you to go the length of a household item! Then you will use the measuring tape to measure the length of that item in inches. Finally, you can write your answers in the table below! After filling out the table, talk about your results! Which item was the longest in jumps? In inches? Which was the shortest? Were there any that were the same?

Step 1: Stand next to the item and jump with two feet until you've reached the end. Make sure to count each jump!

Step 2: Record the number of jumps on the table below.

Step 3: Measure the length of the item in inches using the measuring tape.

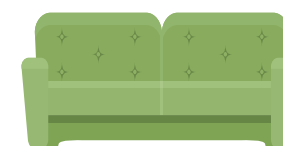
Step 4: Complete for all the items in the table!



Table: # of jumps ____ # of inches ____



Chair: # of jumps ____ # of inches ____



Sofa: # of jumps ____ # of inches ____



Lamp: # of jumps ____ # of inches ____

PITTSBURGH BALLET THEATRE

Breathing BRAVEry

Materials: Water, paint brush, watercolor paint, paper, straw

Sometimes when we face our fears, our body has some different reactions. Our heart may race, or we may breathe a little faster. Taking a moment to get these feelings under control can help make it easier to be brave. Let's practice and use our breath to make some watercolor art!

- Step 1:** Place your paper on a tabletop with some newspaper or a pan underneath to protect the table surface.
- Step 2:** Use the paintbrush to mix water into a paint pot. You want to use enough water so that it is runny.
- Step 3:** Take a deep breath in as you count to four. Exhale as you count to four.
- Step 4:** Use your paintbrush to paint a wet line/dots of paint on the paper. Before it begins to dry, grab your straw, take a breath and blow through the straw along the line/dots in a slow smooth breath to make the paint move.
- Step 5:** Rinse your brush between colors. Repeat step number three until you are happy with your art.



Portraits of BRAVEry

Materials: Mirror, watercolor paint set, watercolor paper

- Step 1:** Take the mirror and prop it up against your BUZZ Box.
- Step 2:** Look in the mirror and imagine yourself doing something BRAVE. Being BRAVE doesn't mean you have to do something dangerous or scary; being BRAVE happens during everyday moments like speaking up for what's right and caring for the people around you.
- Step 3:** Use the watercolor paints to paint a portrait of yourself feeling BRAVE for yourself and the people around you.
- Step 4:** Display your "Portrait of Bravery" in your home, your room, in your bathroom—anywhere you might want to remind yourself of how BRAVE you can be every day!



Nature Superhero

Materials : Mask template, glue stick, two feathers, popsicle sticks

Superheroes are BRAVE! They have cool costumes and masks to help disguise who they are. Become a super Brave Nature Superhero!

Step 1: Cut out your mask

Step 2: Decorate your mask by coloring it and adding some feathers or other nature materials.

Step 3: Glue your mask to the popsicle stick and be the BRAVE Superhero that you are!



Building BRAVERY

Materials: Playdough and building tools, blank badge and black crayon, two-sided mirror, three bravery bags with mystery items inside

Bravery comes in all forms. Use the activities below to help you find your bravery!

Step 1: Build something you're afraid of with playdough, then imagine yourself being super BRAVE and defeating your fear! Take apart the playdough and rebuild it into something that makes you happy.

Step 2: Read *The Day You Begin* by Jacqueline Woodson.

Step 3: Art can be calming when we are afraid. Make a bravery badge to show you can fight your fears.

Step 4: Your voice is powerful! Hold up the mirror and repeat to yourself, "I am brave! I am strong! I am kind! I am smart!"

Step 5: Engage your five senses when you need to be BRAVE. Reach into your black bag to see what you feel. This is safe, so take a deep breath and be BRAVE!



BRAVEry Dance

Materials: Bravery dance video, paper shapes

Join the Pittsburgh Cultural Trust in a dance that lets you know that even though you may encounter someone that is different, you can find your BRAVEry and enjoy the things that make you alike. After reading the Buzzword book, you can talk about all the different children we meet on the first day of school, what makes you the same and what makes you different, and how you found your bravery to talk to someone new.

https://youtu.be/HUXGEzF_8TQ

Step 1: Cut out the shapes included.

Step 2: Follow along with the bravery dance.

Step 3: Use your different shapes to help you move your body in different and alike ways!



BRAVE Rock

Materials: Rock, acrylic paint, a marker

Let's make something we can put in a pocket or backpack to help us remember to be brave. It will also remind us just how brave we really are! But first, let's sing this song together.

<https://vimeo.com/735583861/44d87dab79>

Step 1: Grab a rock

Step 2: Cover one side with paint

Step 3: If you want, while it's still wet, you can add another color and mix them together.

Step 4: Let it dry for at least an hour.

Step 5: Once dry, take a marker and write the word "BRAVE" on it.

Step 6 : Use markers to decorate all around the word if you'd like.

Step 7: Hold your rock in your hand and remember that being you is being brave!

Step 8: Put your rock in your backpack. Take it out and hold it in your hand again whenever you feel scared or alone.



Research Says

From birth to age five 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?

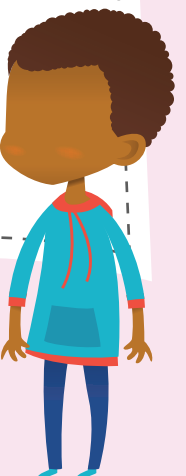
Buzzword Pittsburgh excites children and families as they experience the words that are all around them. Through talk and play about math, science, and art, young children will expand their vocabularies and conversation skills. The program engages families and community organizations in Pittsburgh's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

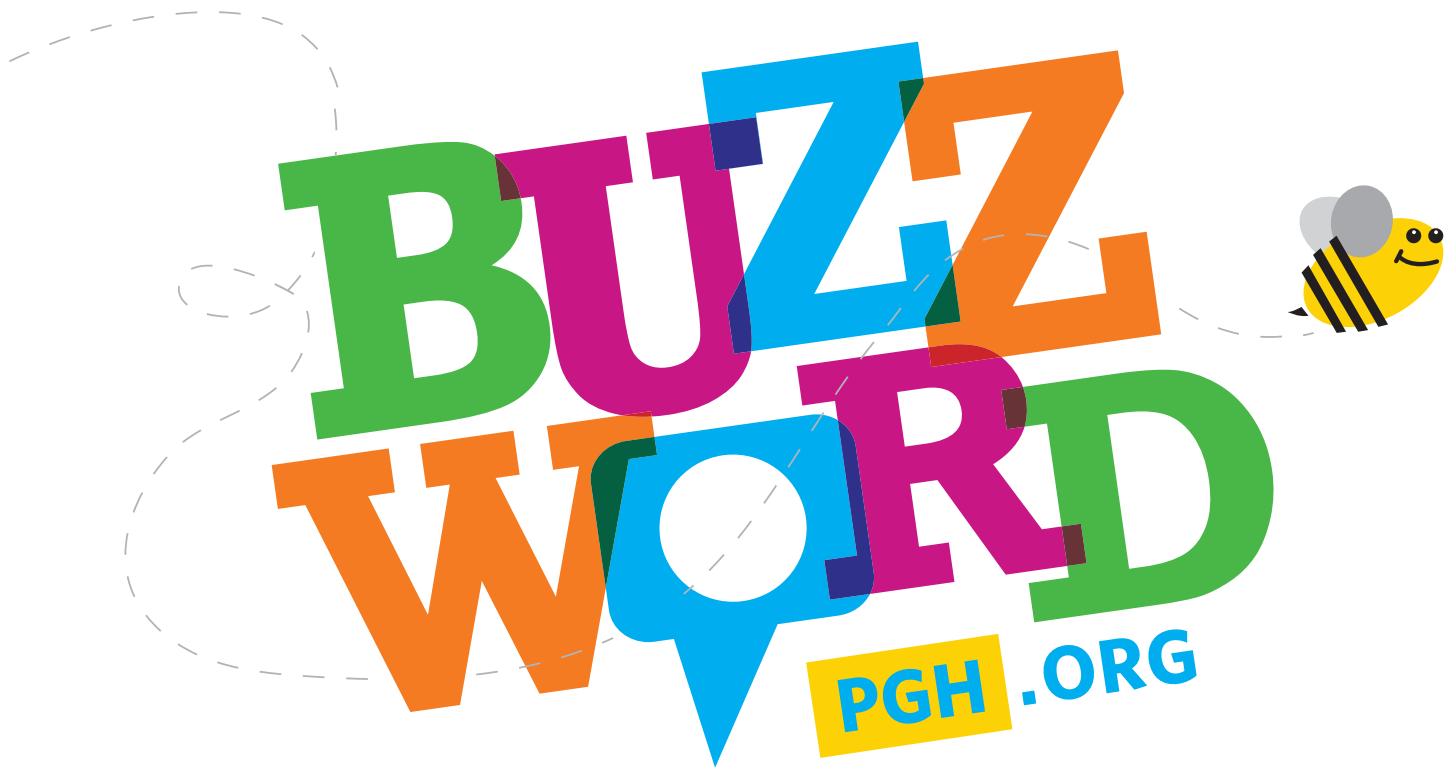
The Buzzword Pittsburgh collaborative consists of partner organizations with expertise in the arts and sciences and local family centers. These partners provide interactive learning opportunities that encourage imagination, investigation, creation, and reflection. Buzzword Pittsburgh is supported by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

Community Partners:



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