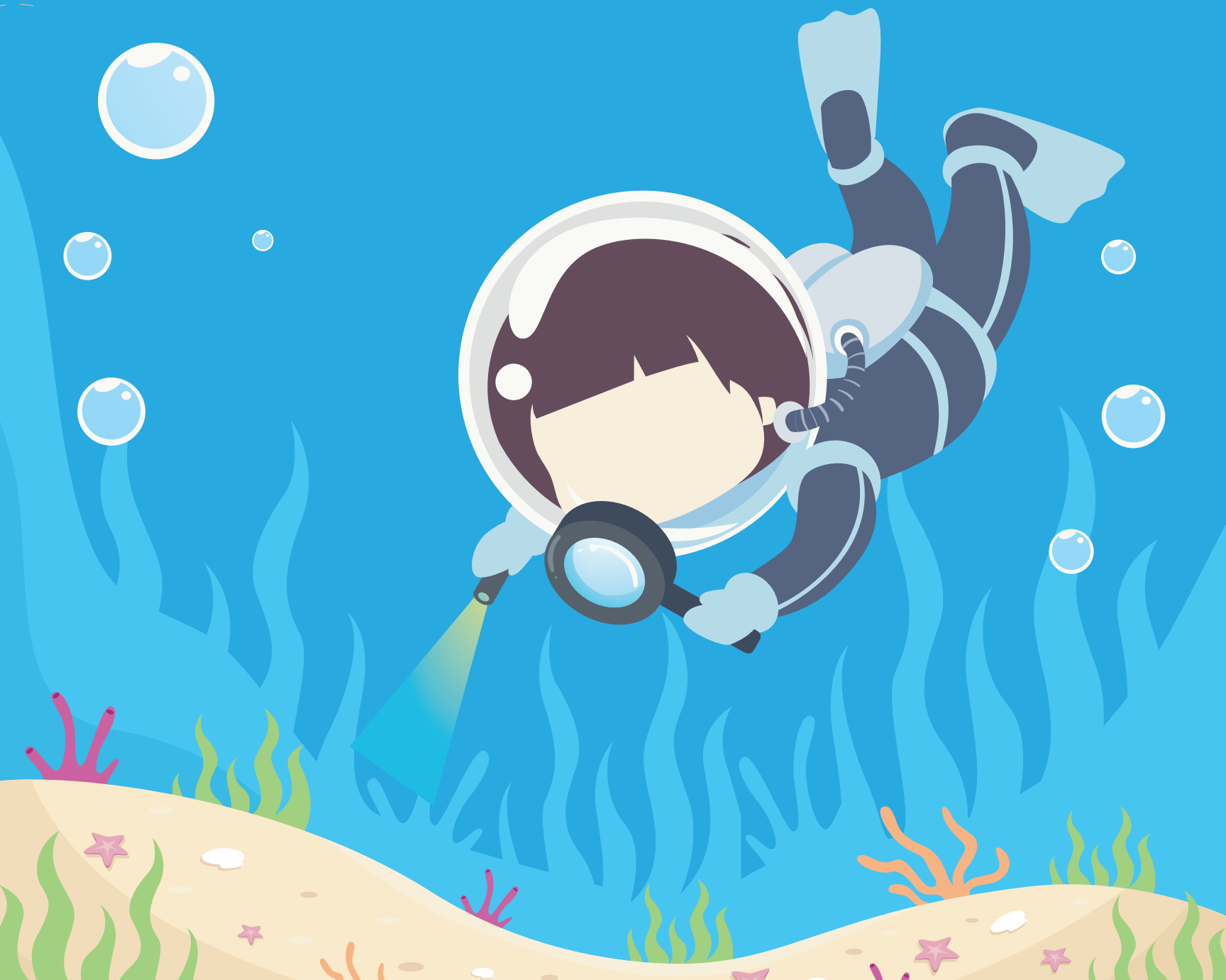


BUZZ
WORD
PGH.ORG

Deep

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 **Saturday** written by Oge Mora 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/deep for resources, workshops and more.

The Carnegie Library of Pittsburgh developed the following list of books for pre-k students that will help children explore the word **Deep**. Visit www.carnegielibrary.org to sign up for a free library card.

- **Breathe and Be: A Book of Mindfulness Poems** by Kate Coombs and Anna Emilia Laitinen
- **Deep in the Sahara** by Kelly Cunnane and Hoda Hadadi
- **I Am Peace: A Book of Mindfulness** by Susan Verde and Peter H. Reynolds
- **Mad, Mad Bear!** by Kimberly Gee
- **Naptime in the Neighborhood** by Alexandra Cassel Schwartz, Monique D. Hall and Mary Jacobson
- **Oh, No!** by Candace Fleming and Eric Rohmann
- **A Place Inside of Me: A Poem to Heal the Heart** by Zetta Elliott and Noa Denmon
- **Tiny and the Big Dig** by Sherri Duskey Rinker and Matt Myers
- **Under Earth, Under Water** by Aleksandra Mizielińska and Daniel Mizieliński



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.

Breathe Song

Materials: Your body and voice

Hi friends! I want to teach you a song called Breathe. This song will help you remember to take a deep breath when things don't go your way. This song will help you count to ten when you are sad, mad, or upset. Here are the words. Watch this video to sing them with me.

Follow along with a video of the Breathe song at www.buzzwordpgh.org/deep

Lyrics:

1, 2, 3 I take a breath that's deep
4, 5, 6 instead of throwing fits
7, 8 when things don't go my way
9, 10 I breathe and start again



Matching Game

Materials Included: Two sets of cards - black and white animal cards, colored animal cards with words

It's so fun to move like different animals do, and there are many animals that live DEEP in the ocean. Play this matching game to learn each animal and dance them out!

Step One: Color the black and white animal cards.

Step Two: Match your colored cards to the other set of cards. When you find a match, dance out that animal by doing the action written on the card.

Continuing activity:

Ask your child the following questions, and then have them dance out those animals too!

- What other animals live in the DEEP sea?
- What animals burrow DEEP into the ground?



PITTSBURGH BALLET THEATRE

Dinosaur Excavation

Materials: Dino cup with plaster, paintbrush

Many different things can be found DEEP in the ground: worms, treasures, and dinosaur bones! Use these materials to become an archeologist and dig for your very own dinosaur. An archeologist is someone who studies prehistory through digging up bones and materials that have been buried DEEP underground. What dinosaur do you think is buried in your kit?

Step 1: Open up the dino cup with plaster.

Step 2: Use your paintbrush to chip and brush away the plaster from around the dinosaur. Use both ends of the brush for different tools!

Step 3: Can you find any other tools at home that might help you with this task? Maybe a spoon or your fingers?

Step 4: You can even use a little bit of water to help soften the plaster.

Step 5: Continue until your dinosaur is completely uncovered!

Want to make your own hardened plaster at home? Use our recipe to make even more!

- 2 Tablespoons of plaster of paris
- 2-3 teaspoons of water
- Mix and leave to dry overnight until it hardens



CARNEGIE
SCIENCE
CENTER
ONE OF THE FOUR CARNEGIE MUSEUMS OF PITTSBURGH

Mindful Moments

Materials Included: Your body and mind

In the book Saturday, Ava and her mother had a lot of moments where they needed to take a DEEP breath, relax, and rethink. They wanted a quiet afternoon in the park where they could relax but had to think of something new. We call these mindful moments. Do you and your child take mindful moments? Do you do them outdoors in Nature?

Visit <https://pittsburghparks.org/stay-healthy/> to watch the video of the Mindful Frog and explore ways that you and your child can have some mindful moments together and practice DEEP breathing and thoughts with different activities.



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

