

**BUZZ
WORD**
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Feelings

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 Am! Affirmations for Resilience**, written by Bela Barbosa and illustrated by Edel Rodriguez, 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.

FEELINGS Book Recommendations from Carnegie Library of Pittsburgh!

How do you feel? Having well developed emotional awareness will eventually prepare children for success in a classroom setting, so here are some CLP "FEELINGS favorites" to help support this important learning.

carnegielibrary.org/staff-picks/feelings/

Big Feelings by Alexandra Penfold

How Do You Feel? by Lizzy Rockwell

I Am! Affirmations for Resilience by Bela Barbosa

Kindness Makes Us Strong by Sophie Beer

Making Faces: A First Book of Emotions by Molly Magnuson

The Many Colors of Harpreet Singh by Supriya Kelkar

Personalized Recommendations

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

carnegielibrary.org/match

FEELINGS 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 experiencing FEELINGS that you can find online or at your local library:

Who Says I Love You?: Baby's First "I Love You" Book
by Highlights

I Love All of Me by Lorie Ann Grover

Why the Face? by Jean Jullien

Sesame Street: Calm Monsters, Kind Monsters by Karen
Latchana Kenney

The Crayons' Book of Feelings by Drew Daywalt

Here and Now by Julia Denos



Grab Bag of FEELINGS

You may feel some of the FEELINGS mentioned in this book. In this activity, you will get to dance and move to express some of those FEELINGS.

Materials: FEELINGS cards, bag, (not provided), scissors (caregiver supervision required).

Step 1: With caregiver supervision, cut out all of the different FEELINGS cards from the FEELINGS card sheet included (emoji faces with words).

Step 2: Put them all in a bag.

Step 3: Pull out one card.

Step 4: Show a movement or action that shows that feeling!

Now, talk about how different FEELINGS are shown through our bodies in different ways. Ask which feeling was their favorite and why. Then dance it out to your favorite music!

Extension Activity: What are other FEELINGS or emotions we might feel?

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FEELINGS Mat

FEELINGS and emotions are different. Emotions are your body's physical response to something that has happened. FEELINGS are the reactions to emotion. Where do FEELINGS and emotions come from? The brain! Emotions come from activity in three different parts of the brain. FEELINGS are important to notice. They help us make choices, communicate with each other, and help us to learn.

Materials: Two laminated feeling mats that are double sided (happy, sad, silly, mad), Playdough

Step 1: Before we start, think about a time when you were happy. Close your eyes and take a deep breath.

Step 2: Then, think about a time when you were sad. Close your eyes and take a deep breath.

Step 3: What about a time when you felt silly? How about mad?

Step 4: One way to tell if a friend is feeling happy or mad is by looking at their face. Our expressions tell a lot about how we are feeling.

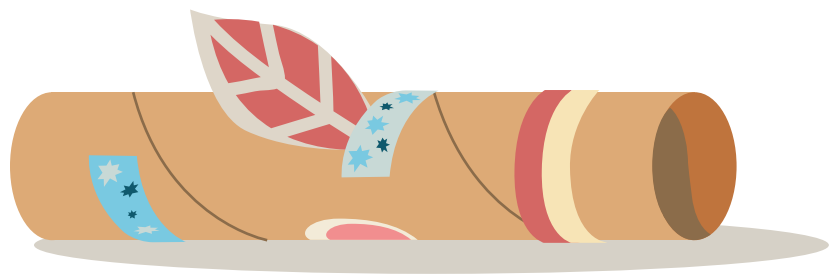
Step 5: On each mat, create a face with an expression that matches the word in the top left corner. For example, when we are happy, we might have a big smile on our faces! But when we are mad, our eyebrows might squish together, and our eyes get smaller.

FEELINGS “Stick”

When speaking with friends, family, or caregivers, communicating how you feel is important. The creation of a “FEELINGS stick” can give you a reminder that it is okay to express how you feel with others. You can also share your “FEELINGS stick”! Whoever holds the “FEELINGS stick” has permission to say what they are feeling without being judged.

Materials: Cardboard tube, washi tape, feathers, stickers

- Step 1:** Decorate the paper tube with washi tape, sticks, and feathers; express yourself!
- Step 2:** Hold the “FEELINGS stick” in your hands and use the phrase “I feel... _____”
- Step 3:** Use the “FEELINGS stick” whenever you want your voice and emotions to be heard.



Colorful FEELINGS Dance

Sometimes it is hard to express how you feel in words. Using colors and movement can help you express your FEELINGS without using words!

Materials: Dance video, Five different-colored scarves

Step 1: Read I Am: Affirmations for Resilience with your caregiver.

Step 2: Match a feeling with a different-colored scarf. For example, feeling brave can be a blue scarf, while feeling scared can be a red scarf.

Step 3: Dance along to the video and use your scarves to show your FEELINGS!

Find the FEELINGS dance video here, or use the QR Code below:

<https://bit.ly/3e48giN>



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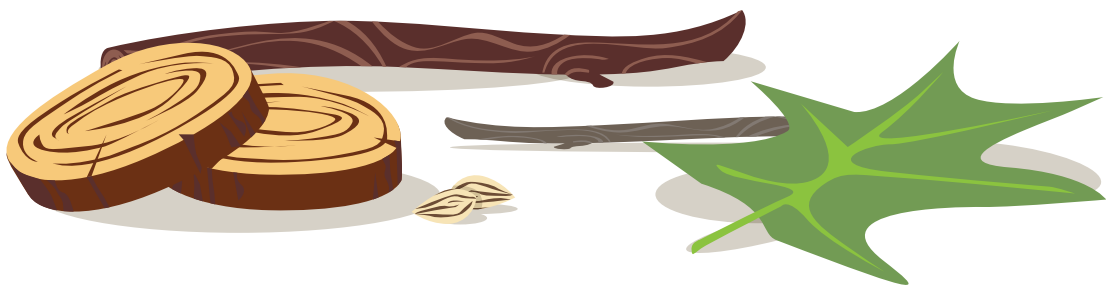


Expressing FEELINGS Through Loose Parts

FEELINGS can be expressed through our facial expressions. Utilize the loose parts materials included in your box and more that you find outside or around the house to display different emotions. Use the “FEELINGS” cards to spark your conversations around expressing FEELINGS with your face!

Materials: Wood cookies, sticks, seeds, fake leaves

Extension Activity: Can you think of more FEELINGS to express with your materials?



Freeform FEELINGS Puzzles

Materials: Emoji FEELINGS page, scissors
(caregiver supervision required)

- Step 1:** Look at the different emojis on the page. Discuss what feeling each face may represent and label under each one.
- Step 2:** With caregiver supervision, use scissors to cut faces in half so that they form two separate pieces.
- Step 3:** Lay faces puzzle pieces in front of you and mix them up.
- Step 4:** Put the faces back together.



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 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.

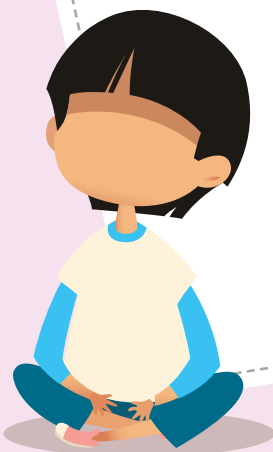
The Buzzword Pittsburgh collaborative consists of partner organizations with expertise in the arts and sciences and local family centers. These partners provide interactive learning opportunities that encourage imagination, investigation, creation, and reflection. Buzzword Pittsburgh is supported by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

Partner Organizations:



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