

BUZZ WORD

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Play

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 **We All Play** written by **Julie Flett**, 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.

PLAY Book Recommendations from Carnegie Library of Pittsburgh

PLAY is fun and joyful, but it is also a necessary part of early learning for young children. It's so important for healthy development that the United Nations High Commission for Human Rights recognizes **PLAY as a Right of Every Child**. Check out these PLAYful books from Carnegie Library of Pittsburgh to share with your little ones and find opportunities to PLAY and have fun together!

<https://www.carnegielibrary.org/staff-picks/its-playtime/>

Come Out and Play: A Global Journey by Maya Ajmera and John D. Ivanko

From A to Z with Energy! 26 Ways to Move and Play
by Connie B. Dow

Hop Hop Jump by Lauren Thompson

Jump In! by Shadra Strickland

Let's Clap, Jump, Sing & Shout; Dance, Spin & Turn It Out!
by Patricia C. McKissack

Let's Play! by Herve Tullet

Not a Box by Antoinette Portis

Playtime for Restless Rascals by Nikki Grimes

See How We Move!: A First Book of Health and Well-being by Scot Ritchie



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



Animal Masks

Materials: white animal mask, markers

Step 1: Find the white animal mask and markers in your BUZZ Box.

Step 2: Use markers to decorate the animal mask.

Step 3: Have fun PLAYing as your animal!



Let's PLAY with Animal Yoga!

When animals PLAY, they may be practicing skills, but they can also just be having fun! Yoga is a way for humans to PLAY. Yoga helps your body get stronger and more flexible, but it also feels good to move your body! As you try the yoga poses, be PLAYful and see what your body can do.

Materials: animal yoga cards

Step 1: Find the animal yoga cards.

Step 2: Look at the child doing a yoga pose.

Step 3: Listen to your caregiver as they read the yoga pose name and description.

Step 4: Repeat the yoga pose name together.

Step 5: Move your body with your caregiver into a similar shape.

Step 6: PLAY with the rest of the animal yoga poses!

Extension Activity: Pick out four (4) animal yoga cards that seem to go well together. Decide the order the poses should be done in. Which pose should go first? Which should go last? Practice the animal yoga poses in order by yourself or with family and friends!



Paper Plate Skates

Materials: paper plates, painter's tape, stickers, markers

Step 1: With the help of your caregiver, use the painter's tape to create a PLAYful skating course. You can make a straight line, zig zags, or even a fun shape!

Step 2: Find the paper plates, stickers, and markers.

Step 3: Use the stickers and markers to get creative and decorate the paper plates.

Step 4: Next, place the decorated plates on the floor and place one foot on each plate. (Helpful Tip: the paper plates stick to feet best without socks)

Step 5: Now it's time to PLAY and glide using your "skates" on your PLAYful skating course!

Extension Activity: Looking for more ways to PLAY? Getting creative with painter's tape is a great way to enhance your PLAY! You could use it to create roads for your toy cars. You can make a hopscotch or an obstacle course. You could make shapes on the floor or wall. You could use it to create letters or words. Caregivers, it's easily removable and won't leave a mess! There are tons of fun ways to PLAY with your painter's tape!



Pretend PLAY All Day!

PLAY is a great way to stimulate our brains. When we "pretend PLAY," it helps us to learn critical thinking skills, how to follow simple directions, build expressive and receptive language, increase social skills, and learn how to manage our emotions. Today, using materials or objects found in your home, we will safely pretend to go on a rocket ship adventure!

Materials: picture cards, anything in your home that helps you be an astronaut

Step 1: Place your picture cards around the room.

Step 2: Get into your rocket ship, buckle in, and crouch down low.

Step 3: Say "3, 2, 1, blast off." Jump up and fly around the space and land on a pretend planet (your first picture card).

Step 4: Use the picture card to move like the planet. Each card has ideas on how to move or you can make it up yourself. When your child is done doing that movement say "Hurry quick! Get back into the rocket ship!"

Step 5: Repeat the steps until you have done all the cards.

Extension Activity: Caregivers, let your child lead. Ask your child what is on each planet? Have them come up with the movement. Ask them what other things they see on the planet. And don't be afraid to get the whole family involved!

PLAY Like the Animals PLAY

In the story, we saw how all the animals PLAY in different ways! Some hop, some wiggle, some slide, some chirp, and some yip! But what they all have in common is how much they love to PLAY! In this game, you will use what you know about animals and your imagination to move your body and PLAY like the animals PLAY!

Materials: your body, your voice, and someone to PLAY with

- Step 1:** Player 1 should think of an animal that they know. Maybe it's a pet that lives in their house or an animal they saw in the wild. Don't say your animal out loud!
- Step 2:** Remember how that animal moved and what sounds the animal might make. Start to move and make sounds like the animal you chose.
- Step 3:** Player 2 should observe Player 1's movements and sounds. Player 2 starts to move like Player 1, even if they're not sure what animal it is. Both players act as the animals they are pretending to be and PLAY together.
- Step 4:** Player 2 then guesses what animal Player 1 was pretending to be.
- Step 5:** Switch roles so Player 2 thinks of an animal and Player 1 copies.

Extension Activity: Introduce the principles of storytelling by talking about the beginning, middle, and end. Imagine your story begins with your animals meeting, then act out a middle, and find an ending. For example: when two polars meet, they act scared of each other at first until one rolls onto their back and makes a silly noise. Then the new friends start to PLAY by sliding on their bellies.



Tambourine Fun!

We all PLAY. We can PLAY games, PLAY pretend, and we can also PLAY music!

There are lots of ways to PLAY music. We can sing. We can use our bodies to clap and stomp. We can also PLAY instruments! The instrument in this BUZZ Box is called a tambourine (tam-boo-REEN). The tambourine is one of the world's oldest instruments. Tambourines existed in ancient times in Greece, India, China, Egypt, and Rome.

Tambourines are made of two parts: the frame and the zills. The frame is the part we hold with our hand. The zills are the small metal circles that clang together when the tambourine is hit.

Materials: tambourine

- Step 1:** Count the zills on your tambourine.
- Step 2:** Hit the tambourine. How does it sound?
- Step 3:** Hit the tambourine fast!
- Step 4:** Hit the tambourine slow!

Now you're PLAYing some real music!

Extension Activity: PLAY your tambourine along with your favorite song on the radio. Can you PLAY your tambourine and sing a song at the same time?



Timing Your Environment

Have you ever wondered how long it takes you to do something or how many steps it takes to get there?! Use a stopwatch to time your environment.

Materials: pedometer, stopwatch (optional: paper and pencil to write down your findings)

Step 1: Run around the house for 30 seconds. How many laps can you do?

Step 2: Use the stopwatch and pedometer on a walk to the park or the store. How long does it take? How many steps did you take?

Step 3: Compare the number of steps you're taking and the time it takes to do it! Was it faster or longer than you expected?

Extension Activity: Brainstorm other things you can time or track. Take your pedometer with you for the whole day!—Keep track of your steps with your paper and pencil. How many steps did you take today? Did this number surprise you? Try doing it for a few days and comparing your numbers.



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 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 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 is supported by PNC Grow Up Great® and the Allegheny County Department of Human Services

Partner Organizations:



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