

BUZZ WORD

PGH.ORG



Patient

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 **Be You** written by Peter H. Reynolds 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/patient for resources, workshops and more.

In the best of times, it's hard to wait. That's especially true when you are waiting for something you want. Whether it's a tasty treat or a longed-for experience (hugs, anyone?), it can be challenging to find ways to spend time productively until you finally get what you want. Sharing a book, or encouraging your child to page through a story on their own, is a great way to pass the time. The Carnegie Library of Pittsburgh developed the following list of books with stories featuring characters who learn the value of being patient.

- **Bilal Cooks Daal** by Aisha Saeed
- **I'll Wait, Mr. Panda** by Steve Antony
- **Lilly's Purple Plastic Purse** by Kevin Henkes
- **The Most Magnificent Thing** by Ashley Spires
- **Wait** by Antoinette Portis
- **Waiting** by Kevin Henkes
- **Waiting for the Biblioburro** by Monica Brown
- **When Grandma Gives You a Lemon Tree** by Jamie L.B. Deenihan



Scan this QR code to complete your survey and you could **WIN A SPECIAL GIFT FROM BUZZWORD PITTSBURGH!**

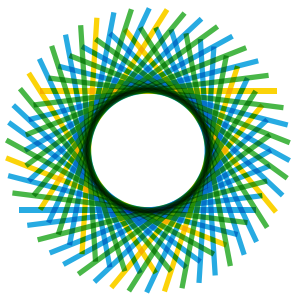
Your feedback helps us to deliver opportunities for discovery and learning to families like yours. Please take a minutes for a quick survey about your Buzzword Buzz Box. It's really important that we hear from you.

Lacing and Circle Weaving

Materials: chipboard, cardboard circle, hole punch, yarn, plastic needle, pencil, tape, ruler, scissors (not provided)

Lacing and weaving both take a great deal of patience and persistence. Take your time and be creative. Both activities also encourage you to “be you” in how you choose to design, what color yarn you use and more. Once you’ve tried lacing, explore circle weaving!

- Step 1:** Draw basic shapes on the chipboard, like a square, circle or triangle.
- Step 2:** Cut out the shapes.
- Step 3:** Use a pencil to mark evenly spaced dots around the edge of the shapes. Use a hole punch to punch holes where dots are marked.
- Step 4:** Cut a piece of yarn, about arm’s length and thread the plastic needle with yarn.
- Step 5:** Explore putting the needle and yarn through the holes and pulling it through. Move the yarn over and under, around the edge, or to holes on the other side of the shape.
- Step 6:** Take your time and be patient as you explore the process.



Lacing and Circle Weaving

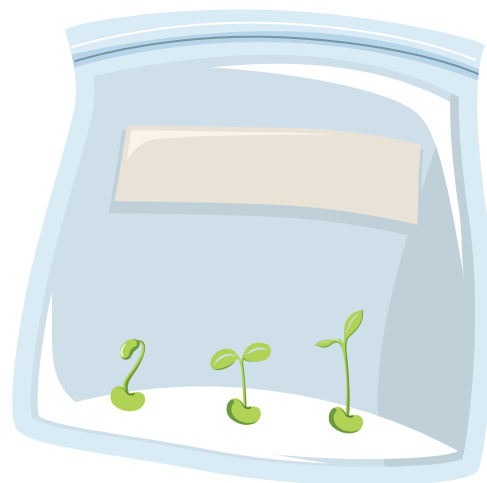
- Step 1:** Make loom: Use a pencil to mark evenly spaced notches all around the cardboard circle. Mark an odd number of lines. Use scissors to cut 1/4" into each line.
- Step 2:** Warp the loom: Warp strings, sometimes called spokes, are threads that give structure to your weaving. Starting at one notch, choose a color of yarn and unwind a bit of yarn, but leave the ball attached. Insert the yarn into the notch, leaving a 2-3" tail on the back of the loom. Pull the yarn to the opposite notch across the circle loom. Move to the next notch and pull the yarn across the loom to the opposite notch. Continue this step until you fill every notch with yarn and your loom looks like a bicycle wheel. Note* the last notch will have two strings in it, which you will treat as one string. Cut the yarn and tape the loose strings to the back of the cardboard.
- Step 3:** Weave on the loom: Choose a different color yarn and cut a piece, about arm's length and thread the plastic needle with yarn. Put the end of this piece of yarn under the middle of your warp spokes and tie a knot to gather all the spokes together.
- Step 4:** Use the needle with yarn to weave under one of the spokes near the center. Next, weave over the next spoke, then under the spoke after that. Continue going under-over each spoke in the circle and pull yarn toward the center of the circle.
- Step 5:** Explore putting the needle and yarn through the holes and pulling them through. Move the yarn over and under, around the edge, or to holes on the other side of the shape.
- Step 6:** If you would like to take your weaving off the loom, cut the warp strings-or spokes, on the back of the cardboard and tie neighboring warp strings together. Tie the tail at the end of the weaving to one of the warps as well. Explore making more weavings!

Plastic Bag Green House

Materials: Plastic bag, paper towel, dry seeds/beans, water, tape

Having patience is very important in science experiments, because sometimes it takes time for a chemical reaction or result to happen. Today, we are going to observe how a seed grows over time in our own plastic bag green house. Once our seeds are set, we will be able to watch them sprout and grow over the next few days. Let's see just how big they can get!

- Step 1:** Run the paper towel under some water until it is wet all the way through, squeeze out the excess water, and fold up
- Step 2:** Slide the wet paper towel into the plastic bag so that it lays flat.
- Step 3:** Place 3-4 seeds/beans into the bag, in between the paper towel and the plastic.
- Step 4:** Zip the bag almost completely closed.
- Step 5:** Tape the top of the bag to a sunny window.
- Step 6:** Watch and observe your seeds begin to sprout! (It may take up to 2 full weeks for the seeds to reach their full size, so keep watching to see what happens!)



Freeze!

Materials: Body

Follow along with a video at www.buzzwordpgh.org/patient

Create a short tableau to build early vocabulary building, awareness of your body moving in space and coordination. A tableau is a model, group of models or motionless figures representing a scene from a story. Examples of tableaus from a story could include posing like you are swimming and standing still like a statue.

Ms. Celeta likes to dance. Her sister enjoys playing volleyball. Her son likes to ride his scooter. Can we make a tableau or freeze like a statue doing something we like to do?

- Step 1:** Gather with other family members and face each other.
- Step 2:** Pick one or two things you like to do and make yourself into a statue doing what you enjoy.
- Step 3:** Ask your family members to freeze into a statue of what they like doing.
- Step 4:** Now everyone makes a tableau doing all these different activities we like to do.
- Step 5:** Freeze! Hold that pose and be patient.



Being You Is Cool

Materials: Crayons, markers, and coloring page

- Step 1:** On page 1, draw a picture of yourself in the big circle then color the page any way you want. This page is a reminder to be curious, be brave, be patient, and most important, be you.
- Step 2:** Look at page 2 and 3 side by side. Can you find the ways they are different before coloring them? These pages may be different but they're both so cool, just like you. Being you is so cool!
- Step 3:** Color page 4 anyway you want. This page is also a reminder. "As you voyage out into the world remember...no matter what, you will always be loved."



Remember the 3 B's



Be Present

Use pictures, words, and definitions to investigate math, science, and art! Engage your child's curiosity by saying new words, repeating them, and explaining their meanings.

Be Playful

Have fun with vocabulary! To make words come to life, you can talk, write, read, play, and sing with your child.

Be Proactive

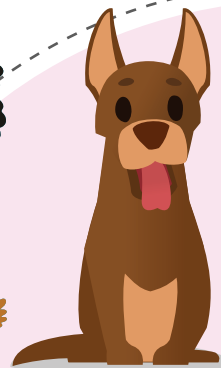
Explore fun and easy activities that use one word and build upon it. Your child's world will open up – there will always be new words with fresh meanings and exciting ways to apply them daily.



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®.



Research Says

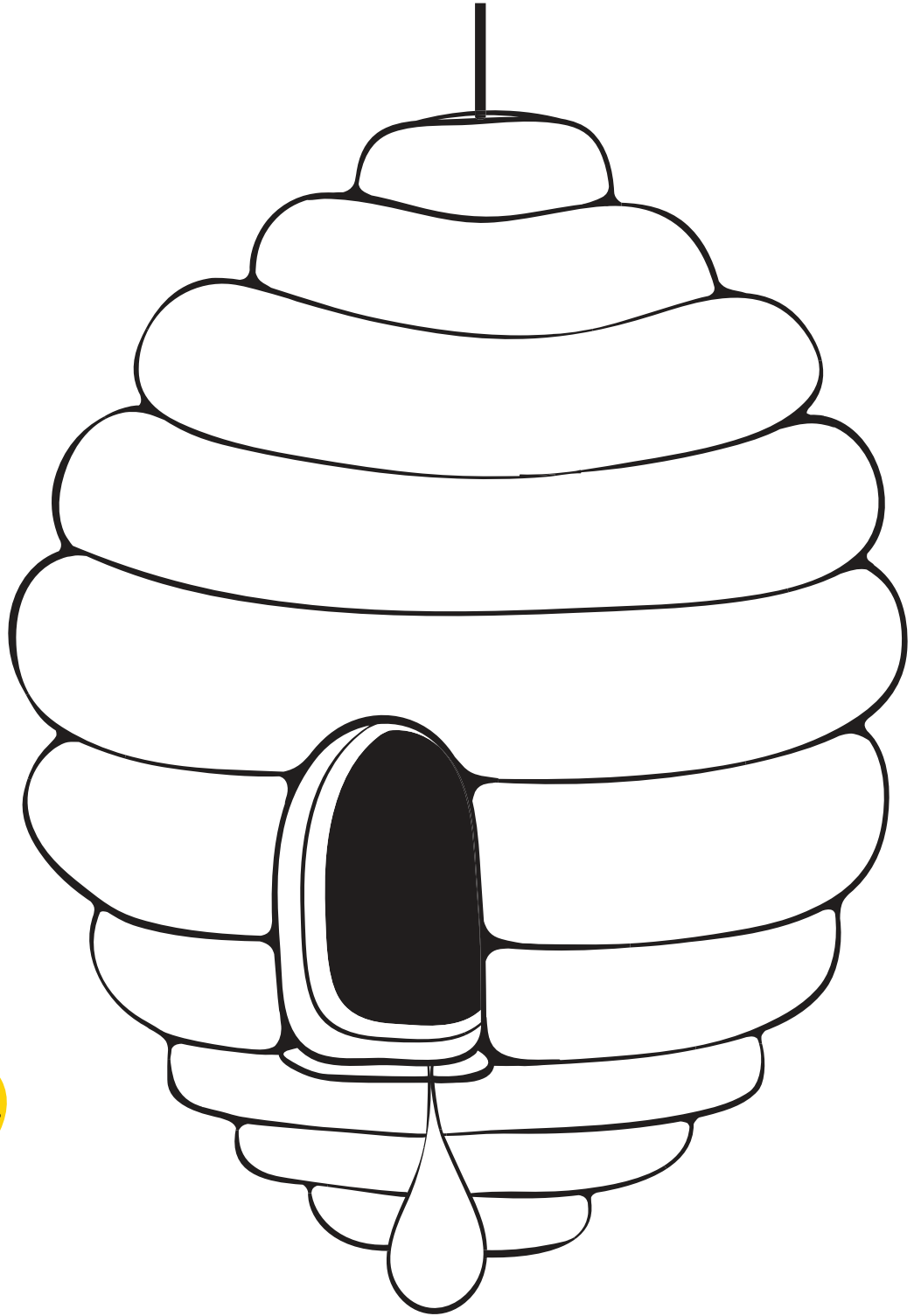
From birth to age five years, young children's brains are rapidly developing. During this time, little ones are more open to learning and becoming inspired. Talking with a child helps increase vocabulary development and communication skills needed throughout life.

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



Color Buzzy's Home

Use crayons or markers to help paint Buzzy's home!





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