

Movin' & Groovin, Messages

Every move tells a story!

Petals & Play Thursday



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Hello, Gro Families & Friends,

This week, we're celebrating the magic of communication — without saying a word! For **World Body Language Day**, our Petals & Play Thursday is all about helping children explore how gestures, expressions, and movement can share emotions, ideas, and stories.



Through fun, movement-filled activities, children will learn that body language is one of our very first ways to connect. Whether they're mirroring a friend's motions, striking a pose, or acting out feelings, each playful moment builds empathy, self-awareness, and expressive confidence.

At Home Idea: Feelings in Motion!

Invite your child to show how they feel using only their face or body. Can they make a "happy dance"? A "tired stretch"? A "silly pose"? Talk about how each movement shows a feeling. This helps little learners practice empathy and understand how we all express ourselves in unique ways!

At The Gro Academy, we believe every form of expression — big or small — helps children grow. Thank you for joining us as we move, groove, and connect through the language of play!

Reading emotions, motion with meaning.

with joyful movement,
the gro academy
team

Movin' & Groovin' Messages

This week, Petals & Play Thursday celebrates World Body Language Day! Children will explore how movement, gestures, and facial expressions can tell stories and show feelings — without using words. Each playful activity helps little learners build empathy, communication skills, and body awareness, while strengthening WMELS domains like Social Emotional, Language Development, and Physical Development.

Emotion Charades

Materials:

- Emotion cards
- Basket or jar

Instructions:

Invite children to pick a card and act out the emotion using only body language. The group guesses the feeling! Encourage exaggerated facial expressions and playful gestures.

Targets:

- Social Emotional Development — Recognizing and expressing feelings.
- Language Development — Interpreting nonverbal communication.

Mirror, Mirror

Materials:

- Optional: music

Instructions:

Pair children up. One child moves slowly — waving arms, smiling, crouching — while the partner copies like a mirror. Switch roles!

Targets:

- Social Emotional Development — Cooperation and empathy.
- Physical Development — Coordination and spatial awareness.



Body Storytelling

Materials:

- Short story prompt (e.g. "Going on a Bear Hunt")
- Open space

Instructions:

Tell a short story and invite children to act it out silently – sneaking, climbing, tiptoeing, laughing. Encourage big movements and expressive gestures.

Targets:

- Language Development – Story comprehension through physical expression.
- Creative Arts – Using movement to represent ideas.

Freeze Frames

Materials:

- Music player or drum

Instructions:

Play fun music! When it stops, children freeze in a pose that shows a feeling (excited, sleepy, surprised). Talk together about what each pose might mean.

Targets:

- Physical Development – Balance and self-regulation.
- Social Emotional Development – Identifying and expressing emotions.



Gesture Guessing Game

Materials:

- Picture cards of simple actions (wave, hug, clap, jump)

Instructions:

Show one child a card; they act it out silently while others guess. Add challenges like combining two gestures!

Targets:

- Language Development — Understanding symbolic representation.
- Cognition & General Knowledge — Following patterns and interpreting meaning.

