

Feelings in Full Bloom

TENDING THE GARDEN OF THE HEART

Petals & Play Thursday

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Hello, Gro Families & Friends,

This week, our Petals & Play Thursday invites children to pause, breathe, and blossom as we celebrate World Mental Health Day. 🌻 Through art, movement, and mindful play, little learners will explore the beautiful spectrum of emotions – discovering how feelings can grow, shift, and bloom just like petals reaching toward the sun.

At The Gro Academy, we know that every emotion tells a story. Joy, frustration, excitement, sadness – each one helps children learn more about themselves and the world around them. When we teach children to notice and name their feelings, we give them the tools to build resilience, empathy, and connection – essential roots for lifelong well-being.

💡 At Home Idea: Feelings Flower Garden!

Invite your child to create a feelings flower using colored paper or craft materials. Each petal can represent a different emotion – happiness, calm, worry, excitement, or pride. Talk together about moments when they've felt each one. You might say, "When did you feel proud today?" or "What helps your calm petal grow?"

Display their flower somewhere special as a reminder that all feelings belong and that tending to them helps us grow stronger together.

At The Gro Academy, we believe in planting the seeds of mindfulness, empathy, and emotional literacy early – because when children feel understood, they flourish. 🌸

Helping little hearts grow strong & steady.

with gentle hearts,
the gro  academy
team 

Feelings in Full Bloom

This week, we're helping little hearts grow! 🌸

In honor of World Mental Health Day, children will explore emotions through art, breath, and movement — learning that every feeling, big or small, deserves space to bloom.

Together, we'll turn feelings into flowers, spin away stress with mindful breathing, and dance through emotions with joy. Each playful moment helps children grow empathy, calm, and confidence — the roots of a healthy, happy heart. ❤️

Emotion Petals

Materials:

- Paper flower templates or construction paper
- Markers or crayons
- Scissors
- Glue

Instructions:

- Invite children to design a flower that shows the many feelings they experience.
- On each petal, help them draw or write a feeling — happy, sad, calm, frustrated, proud, or silly.
- In the center, they can draw themselves.
- Once complete, glue petals around the center to form an “Emotion Flower.”
- Discuss how every petal matters — just like every feeling helps us grow.

Targets:

- **Social & Emotional Development** – Identifying and labeling emotions.
- **Language Development** – Using emotional vocabulary to express thoughts.
- **Approaches to Learning** – Reflecting and creating through open-ended art.

Feelings in Motion

Materials:

- Music player
- Scarves or ribbons

Instructions:

- Play different types of music — slow, fast, joyful, dramatic — and invite children to move in ways that express how the music makes them feel.
- Encourage them to notice the difference between “happy” twirls, “angry” stomps, or “sleepy” stretches.
- Pause occasionally to ask: “How did that feel in your body?” or “What does this music remind you of?”

Targets:

- **Social & Emotional Development** – Recognizing emotions in self and others.
- **Health & Physical Development** – Expressing emotions through coordinated movement.
- **Language Development** – Expanding descriptive vocabulary for feelings and actions.

The Emotion Garden (Classroom)

Materials:

- Large paper or poster board
- Markers or crayons
- Pre-cut flowers & leaves
- Safety scissors
- Magazines (optional)

Instructions:

- Work together to grow a shared “Emotion Garden.”
- Each child chooses or creates a flower to represent a specific emotion.
- On each petal, they can draw a face or pattern that fits the feeling.
- On the leaves, help them write or dictate ways they manage that feeling — for example: “When I feel nervous, I take a deep breath.”
- When finished, glue the flowers to a large garden display.
- Use it as a classroom reminder that all feelings — bright and stormy — belong in our hearts.

Targets:

- **Social & Emotional Development** – Recognizing and expressing emotions; developing empathy and community.
- **Language Development** – Using language to describe feelings and coping strategies.
- **Approaches to Learning** – Engaging in cooperative creativity and reflection.
- **Cognitive Development** – Making connections between emotions and actions.

Breathing Blossoms

Materials:

- Pinwheels
- Artificial flowers
- Scented spray or essential oils
- Tape or glue
- Calm music

Instructions:

- Guide children in creating a “Breathing Blossom” by attaching a silk flower to a pinwheel.
- Add a light scent to enhance the experience, if they’d like.
- Show children how to smell the flower (breathe in through your nose) and blow the pinwheel (breathe out through your mouth).
- Encourage them to watch the pinwheel spin and notice how their breath helps it move.
- Guide their breath by repeating softly: Smell. Blow. Pause.
- This rhythmic practice blends sensory grounding, breathwork, and co-regulation — helping children find calm in both playful and emotional moments.

Targets:

- **Social & Emotional Development** – Developing co-regulation and self-calming skills through breath.
- **Health & Physical Development** – Strengthening breath control and body awareness.
- **Approaches to Learning** – Building persistence and mindful focus.