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DEEP TALKS & PARFAITS

Stirring up sweet moments & big smiles



Petals & Play Thursday

Dear Families & Friends,

This week, our little learners are mixing up something truly special for Petals & Play Thursday — a cheerful blend of National Chocolate Milkshake Day and National Day of Encouragement! 🍷🍫

Just like a parfait layers flavors and textures into something delightful, we've layered each activity with opportunities for children to practice kindness, share encouraging words, and explore creativity through pretend treats. These playful, WMELS-aligned activities are designed to fill both cups and hearts — inspiring confidence, connection, and joy in every sip and swirl.

At Home Idea: "Compliment Cones"

Cut paper into ice cream scoops and cones. On each scoop, write a kind word or sentence about someone in your family. Stack them high, then "serve" them with a smile. It's a treat that warms the heart!

At The Gro Academy, we believe kindness is the sweetest ingredient in learning. By combining creative play with positive words, we help children see how a sprinkle of encouragement can brighten someone's whole day.

**Stirring up sweet
moments and big smiles!**



with sweet smiles,
the gro  academy
team

Pep Talks & Parfaits

Celebrate the joy of kind words and tasty treats!

This week, we're blending the sweetness of National Chocolate Milkshake Day with the warmth of National Day of Encouragement. These playful, WMEALS-aligned activities invite children to share kindness, express themselves, and create deliciously imaginative parfait and milkshake crafts – all while building early learning skills through art, movement, language, and sensory play.

Kindness Milkshake Collage

Materials:

- Paper cups (real or cut-out)
- Craft paper in milkshake colors
- Glue sticks
- Markers
- Cotton balls for "whipped cream"

Instructions:

1. Children design their own milkshake.
2. Then write or dictate one kind thing they can say to someone, placing it on the cup.

Targets WMEALS Domains:

- Language Development (vocabulary, sentence building)
- Creative Arts (collage skills)
- Social & Emotional Development (kindness awareness)

Sprinkle Some Kindness Game

Materials:

- Colored paper "sprinkles" with kind actions written on them
- A small container

Instructions:

1. Children draw a sprinkle.
2. Then read or hear the action.
3. Act it out with a partner or the group.

Targets WMEALS Domains:

- Social & Emotional Development (empathy, cooperation)
- Approaches to Learning (following directions)
- Physical Development (gross motor play)

Parfait Pattern Play

Materials:

- Clear plastic cups
- Paper "fruit" shapes, pom-poms or beads
- Tongs or spoons

Instructions:

1. Children layer items in cups to create parfaits while practicing color or shape patterns. (e.g., strawberry-banana-strawberry).

Targets WMELS Domains:

- Cognition & General Knowledge (math patterns)
- Physical Development (fine motor)
- Language Development (naming colors/shapes)

Encouragement Freeze Dance

Materials:

- Music player
- Space to move

Instructions:

1. While music plays, children dance around.
2. When the music stops, they turn to a neighbor and give them a compliment before the music starts again.

Targets WMELS Domains:

- Physical Development (movement, coordination)
- Language Development (sentence formation)
- Social & Emotional Development (positive peer interaction)



The Kindess Café Role Play

Materials:

- Play money or pretend coins
- Pretend menu with "Kindness Specials" (e.g., "Compliment Sundae," "High-Five Hot Chocolate")
- Cups or bowls
- Pretend food or paper ingredients
- Aprons or hats for "servers"

Instructions:

1. Set up a café with a counter and menu items, each linked to an encouraging action.
2. Children take turns as server and customer.
3. Customers order with play money, servers prepare the pretend treat, and serve it with the matching kind action or phrase.
4. Switch roles until all have participated.

Targets WMELS Domains:

- Language Development (social exchanges, descriptive language), Social & Emotional Development (kindness, empathy), Cognition & General Knowledge (role play, multi-step directions), Approaches to Learning (flexibility, imagination)

