

Whisking Up Wonders



Stirring imagination,
mixing skills, & serving
joy!



Petals & Play Thursday

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Hello, Gro Families & Friends,

This week, Petals & Play Thursday is stirring up something special — **we're celebrating National Cooking Day!** Cooking is so much more than mixing ingredients. It's a recipe for imagination, creativity, and confidence. Whether they're whisking, stirring, or pretending to run their own kitchen, children are learning valuable skills that last far beyond the table.

Through playful cooking activities, kids practice early math (measuring and counting), language development (sequencing and new vocabulary), social-emotional growth (sharing, cooperating, and encouraging each other), and even fine motor skills (scooping, pouring, and stirring). Most importantly, they discover the joy of creating something with their own hands. 🌸✨

💡 **At Home Idea: Family Recipe Remix**

Choose a favorite snack or simple recipe your child loves. Work together to "remix" it by adding a new ingredient, arranging it in a fun shape, or making up a silly name for your dish. This builds problem-solving, creativity, and confidence — and makes mealtime magical!

At The Gro Academy, we believe every day holds opportunities for discovery. Thank you for letting us be part of your child's journey. We can't wait to see what delicious memories you and your little chefs cook up this week!

Cooking up giggles and growth!

with warmth,
the gro  academy
team

Whisking Up Wonders

This week's Petals & Play Thursday celebrates National Cooking Day! From pretend kitchens to recipe sequencing, children will explore the joy of cooking while building math, language, and social-emotional skills. Each activity is a playful recipe for imagination, teamwork, and growth.

Pretend Kitchen Play

Materials:

- Pots & pans
- Utensils
- Pretend food
- Safe real ingredients

Instructions:

Encourage role-play: chefs, waiters, customers.

Targets:

- Social-Emotional
- Language
- Dramatic Play



Recipe Sequencing Cards

Materials:

- Printed cards showing steps (crack eggs, stir, bake, etc.)

Instructions:

Children put the cards in order.

Targets:

- Cognition
- Sequencing
- Literacy



Sensory Soup

Materials:

- Provide a big bowl with rice, beans, or pasta.

Instructions:

Children scoop, pour and “make soup.”

Targets:

- Sensory play
- Fine Motor
- Creativity



Measuring & Mixing Math

Materials:

- Use cups, spoons, and dry ingredients (like flour, oats)

Instructions:

Practice counting scoops or comparing amounts.

Targets:

- Math
- Motor Development
- Problem-Solving.

Food Collage Art

Materials:

- Cut out pictures of foods from magazines.

Instructions:

Kids glue them onto "plates."

Targets:

- Creative Arts
- Language (naming foods)
- Self-Expression.

