

The Let Grow Project

INSTRUCTIONS FOR TEACHERS



Teachers,

Thank you so much for giving your students this experience in independence. You will probably see some newfound maturity, initiative and confidence in the students — and the parents become a little less anxious too. Win / win!

HOW TO IMPLEMENT THE LET GROW PROJECT

- Announce to the class that you are giving them a project unlike any they've had before.
- Explain it:
The let Grow Project helps young people become a little bit more grown up. To do it, you just go home and ask your parents if you can do ONE INDEPENDENT THING that you feel ready to do that you haven't done yet, like:

Walk the dog

Make dinner

Run an errand

Go outside to play with a friend

The idea is for kids to do something alone or with a friend, but not with an adult.

- For a list of more project ideas, please visit LetGrow.org/LetGrowProject. Of course, the students may have plenty of ideas to add, too — including something they know their parents did at their age.
- Give them a deadline for doing the Project. We suggest no more than a week.
- Send home a note to their parents (sample on the back of this sheet) and ask them to fill out a survey once their child has done the project.
- You might ask the students to create a story, poem, picture or video about what they did for their project. Some schools share these in class together. This part is totally up to you — it is not required.

And that's it! Feel free to drop us a line at info@LetGrow.org if you have any questions.

BEFORE GETTING STARTED

Please send a note to us at info@LetGrow.org to tell us that your school is embarking on the project. This will allow us to set up the survey page for parents. We will share the results with your school.

Dear Parent!

Our school is doing The “Let Grow Project.” It is a fast, fun way to help our students become even more independent, resourceful and successful. It has been shown to help ward off anxiety. And it helps us adults see just how capable our kids can be.

In a culture that tends to underestimate kids’ abilities “in the real world,” the project is eye-opening – and easy. All it requires is for your children to do something new, on their own (or with another child).

To determine what that project will be, simply sit down with your child and decide on an independent activity you both feel he or she is ready to do but, for one reason or another, hasn’t yet. It could be walking the dog, making dinner, running an errand – most likely something YOU did at their age. You can find a list of suggestions at LetGrow.org/LetGrowProject. The point is to stretch the boundaries of childhood a little bit, giving kids a chance to grow.

It sounds pretty basic, but it can be transformative. After doing the project, parents have said things like, “Our son is way more capable than we gave him credit for.” “I still worry, but a little less.” “I was surprised by how much he’d grown.” Kids have said: “The world is less scary than I thought.” “It opens up a whole new world for me to explore.” and “Now I’m less worried.”

Wknow you AND your child will be so proud!

Your child should complete the project by _____. And so we can all see the collective growth of the kids, please complete the Let Grow survey after your child does the project by clicking on LetGrowSurveys.org.

We will, of course, share the results with you!

Thank you!