

# The Let Grow Project

## INSTRUCTIONS FOR TEACHERS



Teachers,

Thank you so much for considering the Let Grow Project for your students.

You probably remember a **#LetGrowMoment** from your own childhood – that fantastic feeling when your parents trusted you to do something on your own. Maybe your dad let go of the handlebars, or your mom let you babysit your brother.

When parents trust their kids with even an ounce of independence, something big happens. The kids realize their parents believe in them. The parents realize their child is growing up. Worry gets replaced by pride and joy.

In the classroom, you will probably see some newfound maturity, initiative and confidence in your students after the Project (and the parents become a little less anxious too). Win / win!

Our Let Grow Project Package includes:

- This instruction sheet for teachers
- A letter to send to parents explaining the Project
- A handout for students, including a set of project ideas
- A student worksheet

All of these materials are provided free of charge.

Let Grow is a non-profit and our goal is to make this Project work, so let us help you.

Now let's get started!

### MORE COMPLIMENTARY RESOURCES

**STICKERS.** If you'd like to receive **#LetGrowMoment** stickers for your students at no cost, please click [here](https://letgrow.org/lgprojectcontact/). (letgrow.org/lgprojectcontact/)

**SURVEY.** If you'd like your class or school to participate in the post-Project survey, please click [here](https://letgrow.org/lgprojectcontact/). (letgrow.org/lgprojectcontact/)

The Let Grow Project Survey captures the reactions of parents (and kids!) after they have accomplished their first **#LetGrowMoment**. Let Grow provides a report for your school that can be shared with your parents, and your district. This is entirely free of charge.

**HELP.** If you'd like to talk to someone at Let Grow by phone or Skype who can guide you through the Project, we provide complimentary consultation. Please click [here](https://letgrow.org/lgprojectcontact/) to reach us. (letgrow.org/lgprojectcontact/)



**Interested in having us speak at your school?**

We would love to present to your parents, school board, and even your students! Please click [here](https://letgrow.org/lgprojectcontact/) to request more info. (letgrow.org/lgprojectcontact/) Speaking, travel and accommodation fees do apply.

## HOW TO IMPLEMENT THE LET GROW PROJECT

**1** Announce to your students that you are giving them a homework assignment unlike any they've ever had before – one that they will probably remember for a long time. It's called the Let Grow Project.

**2** Explain to the students:

*Now that you're a little older, it is time for you to do something new on your own. When you do, it's a moment when things change. You become a bit more grown-up, and your parents see it too. The first time you do something new and exciting on your own is a **#LetGrowMoment**.*

*To make that happen, you are going to go home and discuss with your parents about what you'd like your Let Grow Project to be. It should be something you feel ready to do on your own or with a friend, but without an adult, that you haven't done yet. Maybe something like:*

*Walk the dog*

*Make dinner*

*Run an errand*

*Go outside to play with a friend*

*Do you have some ideas?*

Remind the students that the point is to do something new and independent. If they're very young, it can be playing in the yard, or making their own lunch. But by the time they're in first or second grade, it should be something more adventurous, preferably outside the home. A little older still and they can do something truly "grown up," like getting ingredients from a store and using them to make a cake.

**3** Give the students the [Let Grow Project Student Handout](#), ([letgrow.org/program/lgproject/](http://letgrow.org/program/lgproject/)) The students should circle a few choices that sound fun, discuss these with their parents and decide on one.

Once they do the Project, they check it off! The goal is to retain the momentum, so the new activity now becomes part of their repertoire of skills.

**4** Set a one-week deadline for doing the Project.

**5** Give students the [Parent Letter](#) to take home. Please note: Two different versions of this letter are available, one for schools doing the Let Grow Project Survey, and one for schools that aren't.

Hand out the [Let Grow Project Student Worksheet](#), which students will fill out after they do the Project. It asks what they did for their Project and how it went (and it's shaped like a leaf).

### ! IDEA

Cut out the student Let Grow leaves to put on a classroom or hallway wall, or even make a tree as this school did.



**6** If you'd like to give the students **#LetGrowMoment** stickers, please click [here](#) to order them. There is no cost (not even shipping).

**7** At the end of the Project you can ask your students to create a story, poem, picture or video about their **#LetGrowMoment**. Some schools share these in class together.

**8** If your school is doing the survey, remind parents to fill it out. [Download our Letters to Parents](#) for a reminder you can use!

**9** The Project can be a monthly or even weekly event. If so, students can pick a new Project each time, or they can repeat one they already mastered, and just kick it up a notch. For instance, if they made a cheese sandwich, next week it's grilled cheese. If they rode their bike to a neighbor's house, next time it's to the library.

If you normally give homework, the Project can be a substitute for it, because it is a learning experience.

**10** Please share! We'd love to hear what your students do!

If you or the parents post online, use **#LetGrowMoment** and tag **@LetGrowOrg**,

[Drop us a line \(projects@letgrow.org\)](mailto:projects@letgrow.org) so we can rejoice with you!

And join our Facebook group "Let Grow in the Classroom" to connect with other teachers.

That's it.

Let Grow!



## QUESTIONS

Email us at [info@LetGrow.org](mailto:info@LetGrow.org).

Let Grow is a non-profit and we want to help you be successful!