

Create your #LetGrowMoment!

Let Grow projects to do alone or with a friend



Ready to do something on your own? Good for you! Look at the Projects below, circle a few that you might want to do – and feel *ready* to do – that you just haven't done yet. Then, choose one!

Some things that are easy for you will be harder for other kids, and some things that are hard for you are easy for them. So there are no "right" or "wrong" choices. Just talk with your mom, dad, or caregiver about what you think would be a fun, exciting thing for you to try. Once you've done something, keep doing it and look for a new Project to try next.

Keep on growing! Each time you do something for the first time, that's a **#LetGrowMoment!**

Climb a tree

Walk the dog

Play in the yard

Scooter on the sidewalk

Plant some flowers or vegetables

Wash fruit or veggies for a snack

Visit a neighbor

Dress yourself

Set the table

Take the trash to the curb

Ride your bike

Play in the rain

Wash the car

Water the plants

Get yourself ready for school

Empty the household trash baskets

Make a sandwich

Rake leaves

Pick and arrange flowers

Help put groceries away

Put your own shoes and coat on

Clean your room

Weed a neighbors garden

Play at the park

Cut fruit or veggies for a snack

Weed the lawn / garden

Walk around taking pictures

Make up an outdoor game

Help pack for a trip

Feed and water pets

Make a phone call to a friend

Draw a picture for a neighbor and deliver it

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The Projects go from easier to harder – sort of. But some things that are easy for you will be harder for other kids, and some things that are hard for you are easy for them. So there are no "right" or "wrong" choices. Just talk with your mom, dad, or caregiver about what you think would be a fun, exciting thing for you to try. Once you've done something, keep doing it and look for a new Project to try next.

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Climb a tree

Walk the dog

Visit a neighbor

Wait at the bus stop

Get yourself ready for school

Buy something at a store or restaurant

Write and mail a letter

Play in the yard

Do something with your brother or sister outside

Run into a store to buy something while your parent waits in the car

Weed the lawn / garden

Scooter on the sidewalk

Play in the rain

Practice free throws

Walk around taking pictures

Pack your lunch

Make a sandwich

Light the candles on a birthday cake

Make up an outdoor game

Plant some flowers or vegetables

Make a fort outside

Host a sleepover

Make a picnic

Make breakfast

Organize a game outside

Spend some time at the library

Trick or treat with friends

Teach yourself to skateboard

Build something out of junk outside

Write a thank-you note and deliver it

Play at the park

- Attend a sleepover
- Teach an outdoor game to a friend
- Plan a visit to a friend's home and get yourself there
- Buy a surprise for your parent at a store
- Walk to school
- Skateboard
- Ask for directions**
- Use a sharp knife
- Lock up the house for the night
- Run an errand for your family
- Go get ice cream
- Go get pizza
- Learn to ride a bike
- Ride your bike to a friend's house
- Build and light your family's campfire
- Visit a relative
- Go visit a friend and then go together to find another friend
- Pet-sit
- Make dinner
- Wash, dry and fold the family laundry
- Go Pokemon hunting
- Assemble items with a screwdriver
- Join the Boy or Girl Scouts
- Camp out in the backyard
- Go off with a friend at a theme park or festival. Meet back at the agreed-upon time
- Bake cookies or a cake
- Make Jell-O
- Go to the movies
- Ride a local bus**
- Go fishing
- Assemble your own kite and fly it
- Build something you can use
- Make a lemonade stand
- Swim in water over your head (with an adult watching)
- Explore the woods
- Get the ingredients for a cake and make it
- Practice your instrument on the street. Put out a hat for tips!
- Make a haunted house
- Bake cookies after buying the ingredients at a store
- Fix a bike tire with a tire repair kit
- Go to the community pool
- Ride your bike anywhere in the neighborhood
- Wander through a museum
- Start a club
- Make your own appointment for something (haircut, orthodontist)
- Take the subway
- Try whittling (carving a stick with a knife)
- Mow a neighbor's lawn
- Get to an after school activity on your own
- Pick up your sibling from an activity
- Go to a play or concert
- Wander around downtown
- Go Geocaching
- Mow your lawn**
- Ask neighbors to do "odd-jobs" for pay (weeding, snow shoveling)
- Learn to use a hammer / saw and then make something
- Barbecue something
- Babysit
- Go to dinner with a friend
- Climb a tree (higher this time!)**

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Climb a tree

Go to a play or concert

Create a garden

Clean a room other than your own

Make breakfast

Walk the dog

Pack your own lunch

Organize a game outside

Explore the woods

Do your own laundry

Join a club or activity that is new to you

Build a treehouse

Spend some time at the library

Teach yourself to skateboard

Take a public bus, train or ferry ride by yourself

Complete a science experiment on your own

Interview someone that you look up to

Build something out of junk outside

Go to the mall / shopping with friends

Do the family grocery shopping

Write a thank-you note and deliver it

Get yourself up and ready for school

Make a picnic

Trick or treat with friends

Buy something at a store or restaurant

Weed the lawn / garden

Walk around taking pictures

Organize a family outing

Write and mail a letter

Wash the car

