

# Let Grow Independence Kit

Keep kids active and learning outside the classroom. This kit is a mini version of our popular school program, the Let Grow Project.

This project is designed for kids to take home and do on their own!

## Inside you'll find:

A parent letter  
Student worksheet  
Let Grow Project ideas  
Responsibility chart  
Let Grow kid card  
Bookmarks  
Poster



Learn more about our school programs at [LetGrow.org/schools](https://LetGrow.org/schools).



Dear Parent,

If you think back on your childhood, a couple of memories probably stand out. Maybe it was the first time you walked to school or met your friends at the local park. Those were important steps toward becoming more independent— a time you got to grow, because your parents let go. You may not have realized it at the time, but the independence you learned in childhood played a big part in your success at school and as an adult.

Unfortunately, many students today struggle with doing things on their own and expect adults to always direct them. This makes it hard for the students to stretch and succeed, or even bounce back from disappointments. We want to help you give your own children that same chance you had to show YOU how amazing they can be. That's what The Let Grow Project is all about.

When kids do something on their own for the first time, something big happens. They realize how deeply you believe in them. You realize how amazingly they're growing up. Worries get replaced by the pride and joy of seeing your kids spread their wings. The Project is eye-opening and heartfilling. All it takes is for you to let your children do something new, on their own or with another child, but without you.

It can be hard to let go, which is why the Project provides this little push. And of course you and your child will discuss together what their Project will be. For the youngest kids it could be something as simple as making a sandwich. For older kids, it can be something a little more independent and outside of the house. The point is to stretch the boundaries of childhood just a little bit, giving kids a chance to grow.

Your child is in for a milestone, and you are too! If you are moved to share on social media to inspire other families (and brag a little!), please tag us [@LetGrowOrg!](https://www.letgrow.org)

Either way, be prepared for a lump in your throat. And thank you for giving your kids this gift!

*Your Friends at Let Grow*

## TO DETERMINE WHAT THAT PROJECT WILL BE:

**SIT** down with your children and look over the Let Grow Project handout.

**TALK** about their ideas and share your own stories.

**DECIDE** on an independent activity together.

We are fully aware and supportive of the guidelines and best practices regarding social distancing during our current national health emergency. We realize that you and your child's ability to adopt suggestions in our kit will depend on a variety of factors specific to your family's situation. Please use your best judgment and discretion when putting the items in our independence kit into action.



Name \_\_\_\_\_

# My Let Grow Project

## THINK OF A PROJECT

How do you decide what to do? Some things that are easy for you are hard for other kids, and some things that are hard for you are easy for them. So there are no right or wrong choices. Jot down some ideas here!

## SHARE WITH OTHERS

Talk about your ideas with your parents or caregiver. Ask them to tell you what kinds of things they did when they were your age. Then decide together what projects you will do to let you practice some independence.

## CHOOSE YOUR FAVORITES

Use this space to write down your top three project ideas. Then pick one to complete!

- 1.
- 2.
- 3.

Once you complete one  
Let Grow Project, look for a new one to try.

**KEEP ON GROWING!**

# LET GROW Project IDEAS

Do one,  
do them all,  
**GROW**



## SPEND TIME WITH ANIMALS

- Walk the dog.
- Pet sit for a neighbor or friend.
- Brush out your dog or cat.
- Try to teach your pet a new trick.
- Feed the birds.
- Go for a walk and observe all the animals you see.
- Look for bugs in your backyard.
- Take on the pet chores in your house.



## GO OUTSIDE

- Climb a tree.
- Ride your bike.
- Play in your backyard.
- Visit a park near your home.
- Go birdwatching.
- Organize a group game outside.
- Explore the woods.



## GET GROWING

- Start your own seeds.
- Plant flowers good for butterflies.
- Grow something you can eat.
- Weed your garden—or help a neighbor.
- Create your own container or fairy garden.



## HELP OUT AROUND THE HOUSE

- Take out the trash.
- Clean your room.
- Do your laundry.
- Get yourself ready for school.
- Unload the dishwasher or do the dishes.
- Wash the car.
- Sweep or vacuum.
- Reorganize a cabinet or closet.



## HEAD TO THE KITCHEN

- Make your own meal or snack.
- Find a new recipe and try it on your own.
- Bake cookies or a cake.
- Make dinner for your family.
- Create a grocery shopping list.
- Set the table.
- Boil water.
- Pack your own lunch.



## EXPLORE YOUR NEIGHBORHOOD

- Ride your bike to the park.
- Walk to a friend's house.
- Visit a neighbor.
- Check out a store near you.
- Take pictures on a walk.

# LET GROW Project IDEAS

Do one,  
do them all,  
**GROW**



## LOVE YOUR PLANET

- Compost something.
- Save and eat leftovers.
- Wash dishes by hand.
- Have a zero-waste lunch day.
- Try to go paper free for a day.
- Buy something second hand instead of new.
- Sort trash into the recyclables.



## HELP OTHERS

- Tutor another kid in something.
- Babysit a sibling.
- Help a neighbor with a chore.
- Teach someone younger how to do something.
- Clean out your room and donate something.
- Write and mail a letter or thank-you card.



## HAVE FUN WITH FRIENDS

- Go with friends to get ice cream.
- Host a sleepover.
- Go out to dinner with a friend.
- Light the candles on a birthday cake.
- Plan a neighborhood event.
- Start your own club.



## BUILD & CREATE

- Complete a woodworking project.
- Sew something.
- Invent your own art project.
- Make art outside.
- Build something you can use.



## INCREASE YOUR RESPONSIBILITY

- Make your own haircut or dentist appointment.
- Create a budget.
- Buy something at the store.
- Set up your own lemonade stand.
- Mow the lawn.
- Fix a bike tire.



## CHALLENGE YOURSELF

- Paint a room.
- Set up a tent.
- Build your own fort.
- Have a no TV or electronics day.
- Camp out in the backyard.
- Plant something bigger like a tree or shrub.
- Volunteer with a local organization.



# Get Your Let Grow Kid Card!

Celebrate childhood independence with this printable card.



<p>I am not lost or neglected. <b>I'm a Let Grow Kid!</b></p> <p>Phone Number <input type="text"/></p> <p>Parent's Signature <input type="text"/></p> <p>My Signature <input type="text"/></p>	<p><b>I HAVE THE FREEDOM TO:</b></p> <p>Explore Build courage Figure it out Try, fail, try again <b>GROW!</b></p> <p> Join the movement at <a href="http://LetGrow.org">LetGrow.org</a></p>
<p>I am not lost or neglected. <b>I'm a Let Grow Kid!</b></p> <p>Phone Number <input type="text"/></p> <p>Parent's Signature <input type="text"/></p> <p>My Signature <input type="text"/></p>	<p><b>I HAVE THE FREEDOM TO:</b></p> <p>Explore Build courage Figure it out Try, fail, try again <b>GROW!</b></p> <p> Join the movement at <a href="http://LetGrow.org">LetGrow.org</a></p>
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# RESPONSIBILITY CHART

## DAILY

## S M T W TH F S

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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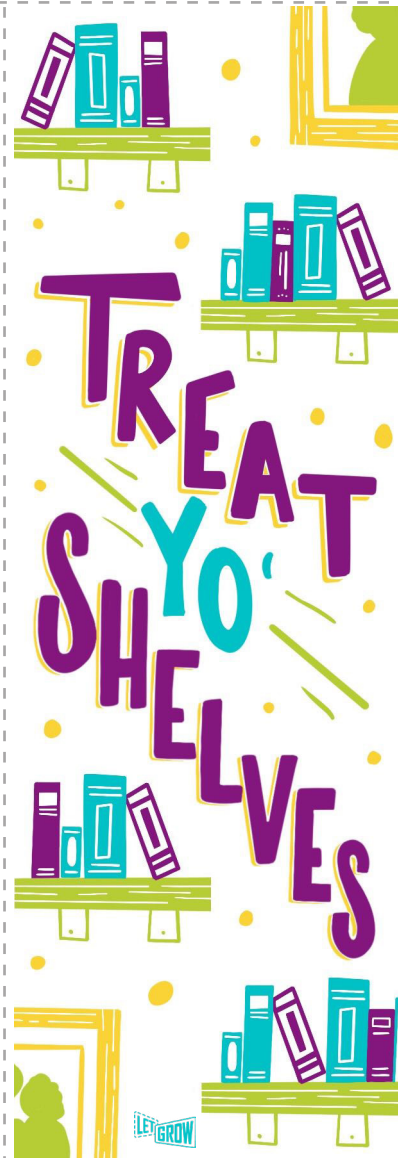
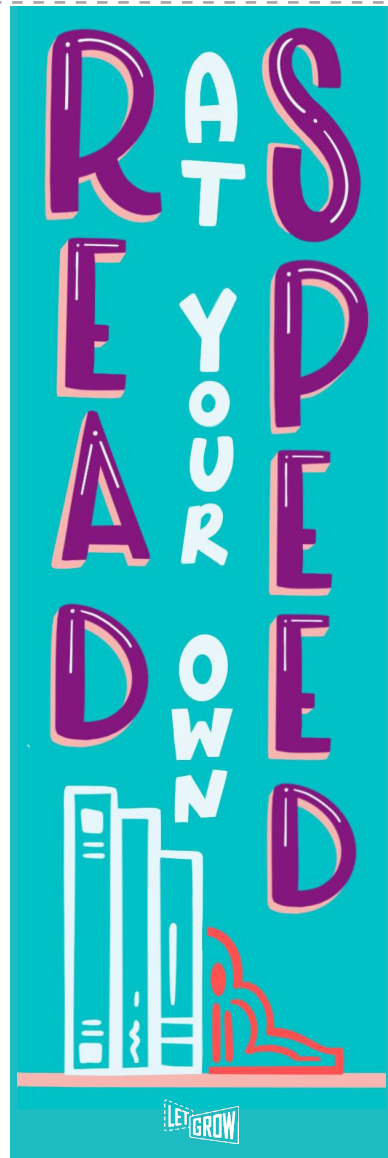
## WEEKLY

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<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____



# Let Grow Bookmarks

Celebrate reading with these **FREE** bookmarks.





# Let Them



DO IT

COURAGE  
BUILD  
IT

Figure  
-it  
Out

go for it

GROW



EXPLORE

Solve  
it

TRY IT  
on their  
OWN

FAIL

MAKE  
MISTAKES

