

Let Grow Independence Kit

Kids learn all the time,
including when -- especially
when! --they try new things
on their own.

This kit is a mini
version of our
school-based
Let Grow Project

Inside you'll find:

Overview
Let Grow Project
Ideas Kid Sheet
Bookmarks Let Grow
Kid Card Poster
Seasonal Suggestions
And a whole lot more
things kids can do!



Learn more about our school programs at 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.instagram.com/LetGrowOrg)!

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.



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.

LET GROW Project IDEAS

Do one,
do them all,
GROW



SPRING

- Grow a garden.
- Build a birdhouse.
- Fly a kite.
- Take photos of spring flowers.
- Skip rocks.
- Create sidewalk chalk art.
- Go fishing.
- Look for rainbows.
- Play in puddles or the mud.
- Make something with spring ingredients.



FALL

- Go for a fall hike.
- Create an obstacle course.
- Rake a giant leaf pile and jump in.
- Pick apples or find your own pumpkin.
- Go on a leaf hunt.
- Make a fall craft.
- Go to a haunted house or corn maze.
- Write someone a letter.
- Find a way to volunteer.
- Make something with fall ingredients.



SUMMER

- Ride your bike.
- Go to the library.
- Create your own backyard game.
- Build an outdoor fort.
- Go swimming somewhere new.
- Set up a tent on your own.
- Watch the sunrise or sunset.
- Find new bugs to learn about.
- Have a picnic.
- Make something with summer ingredients.



WINTER

- Try a winter sport.
- Build a snowman.
- Go sledding.
- Try a new hobby you find on YouTube.
- Make your own how-to video.
- Find a full moon.
- Bundle up and go for a walk.
- Try a winter science experiment.
- Look for winter constellations.
- Make something with winter ingredients.



Get Your Let Grow Kid Card!

Celebrate childhood independence with this printable card.



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



Let Grow Bookmarks

Celebrate **INDEPENDENCE** with these bookmarks.



Let Them



DO IT

**C
O
U
R
A
G
E

B
U
I
L
D
I
T
U
P**

**Figure
-it
Out**

go for it

**G
R
O
W**



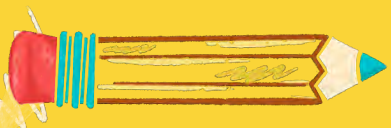
EXPLORE

**Solve
it**

**TRY IT
on their
OWN**

FAIL

**MAKE
MISTAKES**
















Let Grow Project Challenge Pages!

Get even more project ideas
with our themed challenges.

BE A LET GROW KID CHALLENGE YOURSELF

Push yourself to **set and accomplish big goals** in the Challenge Yourself Challenge.













-  Paint a room.
-  Create your own art project.
-  Build your own fort.
-  Have a no TV or electronics day.
-  Make kindness rocks.
-  Make your bed every day for a week.
-  Set three goals and accomplish them all in a week.
-  Do all your laundry and put it away.
-  Make an entire dinner.
-  Conquer a big hike.
-  Send a thank you to someone special.
-  Bake something challenging.



Get more ideas at [LetGrow.org](https://www.letgrow.org)

BE A LET GROW KID HELP OUT AROUND THE HOUSE

Pitch in and **help out with tasks and chores** with the Help Out Challenge.

-  Take out the trash.
-  Clean your room.
-  Do your laundry.
-  Get yourself ready for school.
-  Unload the dishwasher or do the dishes.
-  Pick up outside.
-  Wash the car.
-  Sweep or vacuum.
-  Reorganize a cabinet or closet.
-  Make dinner.
-  Recycle something.
-  Make a chore chart.














Get more ideas at [LetGrow.org](https://www.letgrow.org)



BE A LET GROW KID CELEBRATE ANIMALS

Embrace the **animals** in your life (both pets and wild animals) in the Celebrate Animals Challenge.






-  Walk the dog.
-  Pet sit for a neighbor or friend.
-  Brush out your dog or cat.
-  Look for bugs in your backyard.
-  Try to teach your pet a new trick.
-  Feed the birds outside.
-  Go for a walk and observe all the animals you see.
-  Check out a pet store.
-  Look for a wild baby animal.
-  Try to see 10 different birds in a day.
-  Look for animals at a local park or zoo.
-  Take on the pet chores in your house.

Get more ideas at LetGrow.org




BE A LET GROW KID LOVE YOUR PLANET

Help the Earth and **practice your independence** with the Love Your Planet Challenge.

-  Plant flowers for the bees.
-  Compost something.
-  Pick up garbage.
-  Save and eat leftovers.
-  Wash dishes by hand.
-  Sort trash into recyclables.
-  Grow something you can eat.
-  Walk somewhere instead of drive.
-  Look for earth-friendly products.
-  Have a no TV or electronics day.
-  Try to go paper-free for a day.
-  Collect rainwater to water plants.
-  Have a zero-waste lunch day.
-  Buy something second-hand instead of new.
-  Take your own reusable bags to the grocery store.
-  Use reusable food containers instead of plastic.
-  Participate in Meatless Monday.

Get more ideas at LetGrow.org



BE A LETGROW KID GET GROWING

Hone your gardening skills and **practice your independence** with the Get Growing Challenge.

-  Start your own seeds.
-  Plant flowers for butterflies.
-  Plant flowers for bees.
-  Grow something you can eat.
-  Volunteer at a community garden.
-  Weed your garden—or help a neighbor.
-  Create your own container or fairy garden.
-  Research houseplants, and pick one to grow.
-  Plant something bigger like a tree or shrub.
-  Start a compost pile or bin.
-  Make a bug house for your garden area.
-  Create your own garden art.
-  Choose a new herb to grow.



Get more ideas at [LetGrow.org](https://www.letgrow.org)

BE A LETGROW KID BE CREATIVE

Make, build, and **create on your own** with the Be Creative Challenge.

-  Make up your own recipe.
-  Complete a woodworking project.
-  Sew something.
-  Invent your own art project.
-  Complete a YouTube tutorial.
-  Build something you can use.
-  Make a handmade gift to surprise someone.
-  Create something out of cardboard.
-  Try a new creative hobby.
-  Find a way to create art outside.
-  Invent your own game.
-  Upcycle something old into something new.



Get more ideas at [LetGrow.org](https://www.letgrow.org)

BE A LETGROW KID



Go outside and **explore on your own** with the Go Outside Challenge.



Climb a tree.



Ride your bike.



Play in your backyard.



Visit a park near your home.



Go birdwatching.



Build a campfire.



Set up a tent.



Find cool bugs or butterflies.



Pack your own picnic.



Pick up litter in a green space.



Organize a group game outside.



Explore the woods.

BE A LETGROW KID



Learn how to **do more things on your own** with the Be Responsible Challenge.



Make your own appointment.



Create a budget.



Buy something at the store.



Ask a store worker for information.



Create weekly or monthly goals.



Cook something you've never made before.



Set up your own lemonade stand.



Learn how to complete a challenging chore.



Organize your room, and donate old items.



Mow the lawn.



Fix a bike tire.



Pick your own challenge!

Get more ideas at [LetGrow.org](https://www.letgrow.org)



Get more ideas at [LetGrow.org](https://www.letgrow.org)



BE A LET GROW KID

HEAD TO THE KITCHEN

Make, bake, and **create delicious things** in the Kitchen Challenge.

- Make your own meal or snack.
- Bake cookies or a cake.
- Make dinner for your family.
- Make something with apples or pumpkin for fall.
- Create a grocery shopping list. Set the table.
- Boil water.
- Pack your own lunch.
- Find a new recipe and try it on your own.
- Re-create a recipe from an online video tutorial.
- Invent your own dish.

Get more ideas at [LetGrow.org](https://www.letgrow.org)



BE A LET GROW KID

EXPLORE YOUR NEIGHBORHOOD

Exercise your independence with the Explore Your Neighborhood Challenge.


- Ride your bike to the park.
- Walk to a friend's house.
- Collect 10+ different types of leaves.
- Visit a neighbor.
- Check out a store near you.
- Take pictures on a walk.
- Make and leave a kindness rock.
- Create sidewalk chalk art.
- Find the tallest tree in your area.
- Make a map of your neighborhood.
- Add a book to a Little Free Library.

Get more ideas at [LetGrow.org](https://www.letgrow.org)



2x6 BE A LETGROW KID HELP POTTERS

Lend a helping hand in your neighborhood and community with the Help Others Challenge.


 Tutor another kid in something you're good at.

 Babysit a sibling.

 Help a neighbor with a chore.

 Help a family member 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.

 Collect and donate to a local food pantry.

 Play a game someone else wants to play.

 Do a chore at home without being asked.

 Volunteer with a local organization.

 Try a random act of kindness each week.

BE A LETGROW KID HAVE FUN WITH FRIENDS

Take time to connect with and spend time with friends with the Have Fun With Friends Challenge.


 Go with friends to get a treat.

 Host a sleepover.

 Go out to dinner with a friend.

 Call a friend that lives far away.

 Go to a movie with a friend.

 Make a friend a homemade gift or treat.

 Do a craft or DIY project with a friend.

 Send a friend a nice note in the mail.

 Light the candles on a birthday cake.

 Plan a neighborhood event.

 Start your own club.

Get more ideas at [LetGrow.org](https://www.letgrow.org)



Get more ideas at [LetGrow.org](https://www.letgrow.org)

