

THE **LET GROW**® SUMMER EXPERIENCE

FOR KINDERGARTEN – 8TH GRADE



LetGrow.org - schools@letgrow.org

THE LET GROW SUMMER EXPERIENCE

Welcome to The Let Grow Summer Experience!

Summer is the perfect season for spreading those independence wings. With school out and sunshine in, kids have the time and space to try doing more on their own—more exploration, more self-discovery, more fun! Whether it's a solo trip to the ice cream truck, organizing a neighborhood game, or petsitting for the first time, these small adventures build big confidence.

Dive into these free resources to spark a Summer of Independence. And for you seasoned Let Grow pros? Summer's a chance to level up! Think bigger challenges, like letting your kid plan a whole day outside, or take on a backyard DIY project. Make this summer a season of "I can do it!" moments!

It's going to be great! But first, a request: Please think back on your childhood summers.

The joy of playing. The afternoons absorbed in a hobby. Or even the time something went wrong and you had to figure out what to do—and you did.

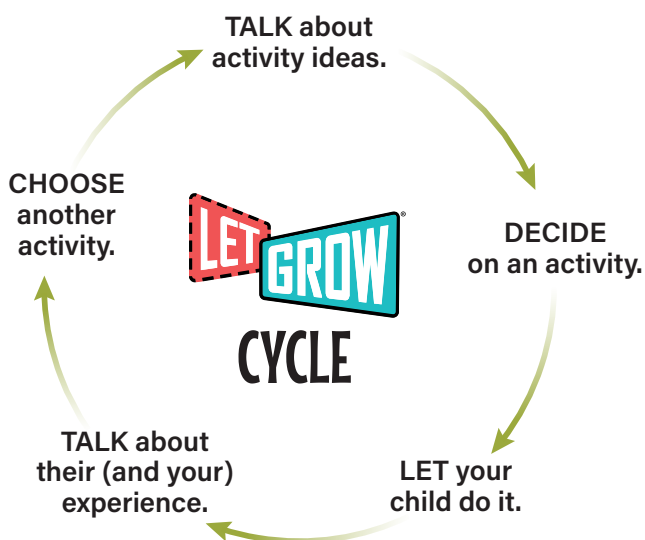
Remember? Your parents believed you could handle some freedom. Their trust in you and the confidence you felt dealing with challenges is what built your resilience, bit by bit.

But today, kids just don't get much chance to do things on their own. This makes it hard for them to stretch and succeed, or even bounce back from disappointments. They need a little of that bracing, old-fashioned independence YOU had.

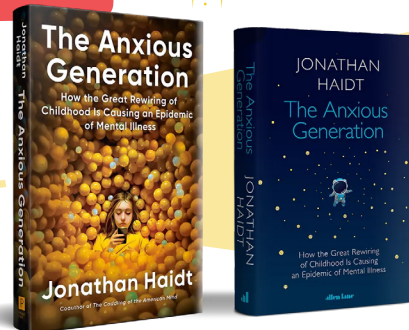
This kit gives you and your kids a whole lot of things they can start doing this summer. Some things will seem too simple. Others, too hard. Everything depends on your kids' interests, age, abilities, and neighborhood. So just discuss together what activities they'll do on their own (or with a friend) without you helping or supervising. Maybe without you even tracking or texting them!

The point is to stretch the boundaries of childhood just a little bit. When kids do something new on their own, both generations get a burst of confidence. Worry gets replaced by pride and joy.

It can be hard to let go, so this kit provides a little push. Be prepared for a lot of growth and the joy of seeing your child thrive!



AS SEEN IN



The Anxious Generation by Jonathan Haidt

— *Your Friends at Let Grow*

**STEP BACK
— SO KIDS CAN —
STEP UP!**

THE SUMMER OF YES!

INSPIRATION FOR PARENTS

Yes to more fun, freedom, growth, balance, bravery, joy and—possibly—sunburn. (But just a little.)

Letting go to Let Grow means embracing some ancient wisdom and modern mantras. Summon these zingers when the kids are around AND then when they're off doing something on their own.

Put 'em on the fridge. Stitch 'em on a pillow. Get 'em tattooed! Anything to remember:

Letting go
is an act of
Courage

MOM, CAN I—

I CAN'T THINK OF A
REASON WHY NOT!

DOUBT
IS NOT
DANGER

FAILURE
PRODUCES
LEARNING

~~Be home by dark!~~
BE CAREFUL

ALL THE
Worrying
IN THE WORLD
DOESN'T PREVENT DEATH
IT PREVENTS
Life

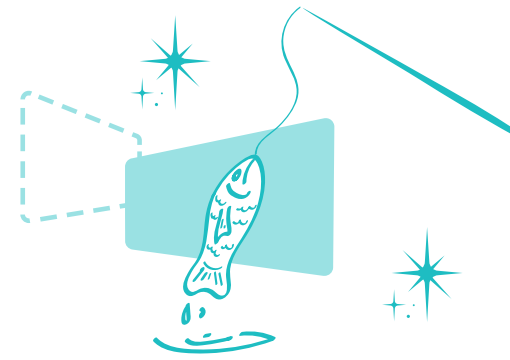
THE
HAPPIEST
ADULTS
WERE TRUSTED AS KIDS

DON'T PREPARE THE PATH FOR THE CHILD
PREPARE
THE CHILD
FOR THE PATH
DON'T PREPARE THE PATH FOR THE CHILD

~~You can do it!~~
BE CAREFUL

~~I believe in you!~~
BE CAREFUL

THE **LET GROW** SUMMER EXPERIENCE



Activity Ideas

GO OUTSIDE

- Climb a tree.
- Ride your bike. (Bonus: No hands!)
- Race remote control cars.
- Frisbee! Tag! Frisbee Tag!
- Get kids to come out and play.
- Have a picnic.
- Fly a kite.
- Rollerblade.
- Skateboard.
- Nerf battle!
- Hopscotch.
- Geocache!
- Jump rope.
- Go fishing.
- Watch the sun rise or set.
- Stargaze.
- Skip rocks.
- Dig a hole.
- Hike a local trail.

AND STAY OUTSIDE

- Football!
- Baseball!
- Four square!
- Jump rope!
- Soccer!
- Some game you make up using a ball, Frisbee, balloon or stick.
- Some game involving chalk.
- Play catch with a friend (human or dog).

- Balance on something hard to balance on.
- Pick up trash in the neighborhood.
- Go fishing!
- Walk a mile.
- Walk FIVE miles!.

HEAD TO THE KITCHEN

- Make yourself a snack.
- Find a new recipe and try it on your own.
- Make cookies.
- Boil water and make pasta.
- Make breakfast for your family.
- Make dinner for your family.
- Smoothies! Made by you!
- Ice pops! A classic!
- Plan a backyard BBQ and cook it!

STAY COOL

- Run through the sprinklers at home! At a park! Anywhere water is gushing!
- Water balloon fight!
- Walk in the rain.
- Play in the mud.
- Make your own air conditioner (Hint: ice and a fan?)
- Do the grocery shopping. (Enjoy the air conditioning!)

- Invent a recipe for something cold.
- Go to the movies with friends.
- Sleep under the stars.
- Eat some meals outside.

GET AROUND

- Run an errand.
- Ride your bike someplace. Or no place.
- Walk to a friend's.
- Visit a neighbor.
- Cross a street.
- Take a bus, train or ferry.
- Go to the library. Sign up for a library card.
- Make a scavenger hunt.
- Get a present for a friend or relative.
- Find or make a hideaway.
- Flashlight tag.
- More flashlight tag.

LEVEL UP

- Make your own haircut or dentist appointment.
- Put air in a bike tire.
- Fix a bike chain.
- Mow the lawn.
- Make a shopping list and shop.
- Stay home alone.
- Take cousins or siblings someplace.
- Also bring them home.



Activity Ideas

ANIMAL TIME

- Walk the dog. (And scoop if you must.) (You must!)
- Pet sit for a neighbor or friend.
- Go to the pet store.
- Look for bugs.
- Catch one! (Maybe now it's a pet?)
- Take on the pet chores in your house.
- Go bird watching in the park.
- Feed the birds.
- Teach your pet a new trick.
- Discover a new species. (Good luck!)

HELP OUT

- Tutor a kid in something.
- Babysit a sibling.
- Babysit a non-sibling.
- Help out a neighbor.
- Teach someone younger how to do something.
- Clean out your room and donate something.
- Write and mail a letter or thank-you card.
- Hang art in your window for people to see.

GET GROWING

- Plant flowers that are good for butterflies.
- Grow something you can eat.
- Create your own container or fairy garden.
- Weed your garden.
- Water it too!

MAKE IT

- Make a fort (outside!).
- Make a bird feeder (then watch the show!).
- Sew something.
- Build an obstacle course.
- Make art outside.
- Build something you can use.
- Make a sidewalk mural with chalk.
- Make up a dance or gymnastics routine. Teach it to a friend.
- Paint rocks and leave them in your neighborhood for people to find.
- Write and illustrate a story or comic book.
- Take something apart.
- Put it back together.
- Make something that has wheels.
- Repair something.
- Make (and bury) a time capsule.

GO BIG

- Paint a room.
- Camp outside.
- Find a part-time gig.
- Have a no TV or electronics day.
- Volunteer.
- Organize a yard sale.
- Go someplace you don't fit in...and stay there a while.
- Learn to play the ukulele. (Outside!)
- Put on a talent show for friends, neighbors, relatives or anyone willing to watch.

MY IDEAS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CAPTURE THE GROWTH!

FROM "I CAN'T DO IT" TO "I DID IT!"

As your kids dive into their Let Grow Summer Experience, trying out all sorts of cool independent adventures, why not encourage them to capture their journey? It's a fantastic way for them to see just how much they're growing and learning (even when they think they're just having fun!). Plus, looking back on their summer triumphs will give them a real boost of "I can do it!" confidence.

Here are some fun, creative ways your child might want to document their summer of stepping up:

- **Dollar Store Scrapbook Extravaganza:** Grab a cheap scrapbook and let them go wild with drawings, ticket stubs from their adventures, and little notes about how things went.
- **Sticker Power!** Designate a notebook or even a plain piece of paper as their "Summer of Independence" log, and let them choose a fun sticker to represent each activity they complete.
- **Bead Bracelet Bonanza:** Start with a simple stretchy bracelet and let them add a unique bead for every new experience they try. By summer's end, they'll have a colorful reminder of all they accomplished!
- **Keychain Charms:** Similar to the bracelet, they could use a keychain and collect small, meaningful charms or a simple tag or ribbon to represent each independent feat.
- **Adventure Artist's Journal:** Gift them a small sketchbook or artist's journal and encourage them to illustrate their independent adventures. After walking to the store on their own, they could draw the route or a memorable thing they saw. If they baked cookies, they could draw the ingredients or the finished treat. This becomes a visual diary of their growing independence, a colorful record of their summer wins!
- **Summer Growth Chart:** Create a simple chart with categories like "My Outdoor Adventures", "I didn't think I could ... but turns out I can!", "Food Fun!", "Messy Fun!", "Things I made", and let them write or draw in it as they go.
- **Lights, Camera, Independence!** Let your kid become the director of their own summer story! After conquering an activity, they can snap a photo or shoot a short video clip. Maybe it's a triumphant grin after successfully navigating the library on their own, or a quick pan of the cookies they baked. Then, together, you can help them create a "Summer Reel" – either a simple digital photo album on the computer or, even more fun, print out the photos and arrange them in a scrapbook with captions. It's like their very own highlight reel of growing up, one independent step (and snapshot!) at a time.

IF YOU GIVE IT A TRY, WE'D LOVE TO HEAR FROM YOU!

Share your story with us at stories@letgrow.org.