

FAMILY EDITION



Independence Kit for Primary School

Inside you'll find:

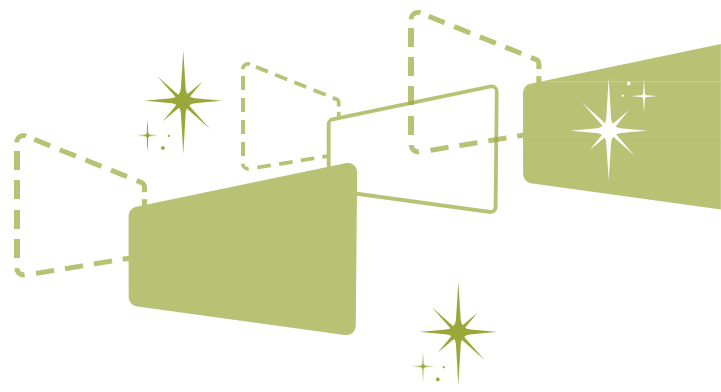
Overview

Let Grow Activity Ideas

Seasonal Suggestions

...And a whole lot more things children can do!

Learn more about our school programs at LetGrow.org/schools.



Dear Parent,

Welcome to The Let Grow Independence Kit! It's going to be great! But first, a request: Please think back on your childhood.

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? You were trusted with some independence. And it shaped you.

But today, for a whole lot of reasons, children don't get as 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 helps give it to them. Why?

- In free time, children discover their deep interests.
- In playing, trying, and exploring on their own (or with friends) children do more problem-solving than when we're with them.
- Children long to see just how much they can do – and they want us to see it, too.

So this kit gives you and your child a whole lot of things they can start doing. Some will seem too simple. Some, too hard. And some your child might want to start in the next half hour: anything from making you breakfast, to climbing a tree, to making their own lunch. The point is to stretch the boundaries of childhood just a little bit.

When children do something new on their own, both generations get a burst of confidence. Worry gets replaced by pride and joy.

Of course, you and your child will discuss together what projects they'll do. But be prepared for a lot of growth.

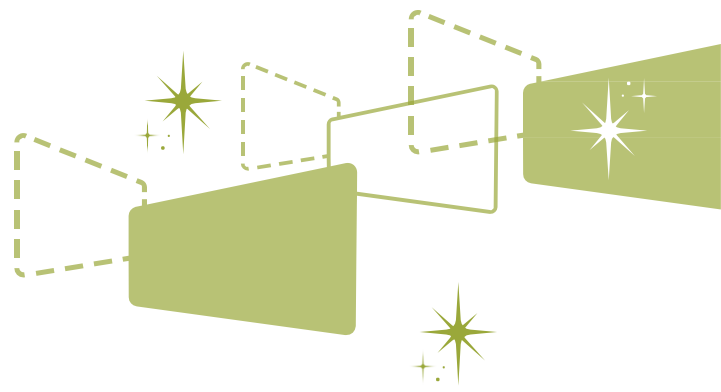
—Your Friends at Let Grow

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.



Project Ideas

SPEND TIME WITH ANIMALS

- ☐ Walk the dog. (And clean up!)
- ☐ Pet sit for a neighbour or friend (doesn't have to be long).
- ☐ Go to the pet store.
- ☐ Look for bugs (which are sort of animals).
- ☐ Catch one! Maybe now it's a pet!
- ☐ Take on the pet chores in your house.

GO OUTSIDE

- ☐ Climb a tree.
- ☐ Ride your bike. (Bonus: No hands!)
- ☐ Race remote control cars.
- ☐ Frisbee! Tag! Frisbee Tag!
- ☐ Get other children to come out and play.
- ☐ Have a picnic.
- ☐ Rollerblade.
- ☐ Nerf battle!
- ☐ Hopscotch.
- ☐ Geocache!

EXPLORE YOUR NEIGHBORHOOD

- ☐ Run an errand.
- ☐ Ride your bike someplace. Or no place.
- ☐ Walk to a friend's house.
- ☐ Visit a neighbour.
- ☐ Cross a street.
- ☐ Take a bus.
- ☐ Go to the library.
- ☐ Take pictures.
- ☐ Fly a kite.
- ☐ Make a scavenger hunt.

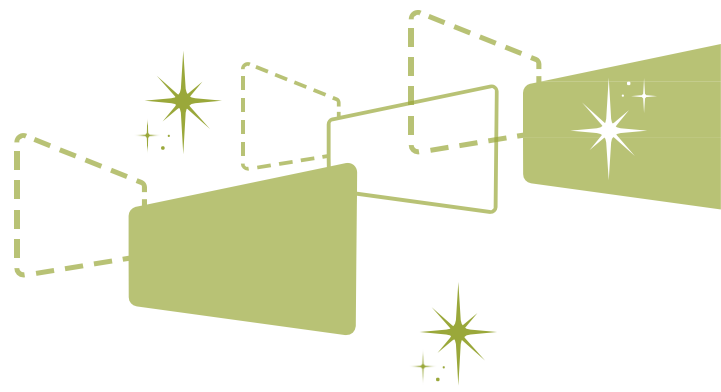
HELP OUT AROUND THE HOUSE

- ☐ Set a reminder to take out the rubbish for a week. (Or 52!)
- ☐ Clean your room.
- ☐ Clean another room!
- ☐ Get yourself ready for school.
- ☐ Do the dishes.
- ☐ Do the laundry. Includes folding!
- ☐ Sweep or vacuum.
- ☐ Reorganize a cabinet or closet. (Bonus: You will discover something cool. We promise.)

HEAD TO THE KITCHEN

- ☐ Make yourself a snack.
- ☐ Find a new recipe and try it on your own.
- ☐ Bake cookies or a cake.
- ☐ Boil water and make pasta.
- ☐ Pack your own lunch.
- ☐ Make breakfast for your family.
- ☐ Make dinner for your family.





Project Ideas (cont'd)

AND STAY OUTSIDE

- ☐ Football!
- ☐ Baseball!
- ☐ Jump rope!
- ☐ Netball!
- ☐ Hockey!
- ☐ Pick up rubbish in the neighbourhood (you can borrow the grabbers from school).
- ☐ Go fishing!
- ☐ Walk a mile.
- ☐ Walk FIVE miles!

HELP OTHERS

- ☐ Tutor another kid in something.
- ☐ Babysit a 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.

HAVE FUN WITH FRIENDS

- ☐ Get ice cream.
- ☐ Have a sleepover.
- ☐ Go out to lunch or dinner.
- ☐ Start a club.
- ☐ Wash the car.
- ☐ Wash the dog.
- ☐ Plan a neighbourhood event.
- ☐ Play outside with something you usually play with inside.

BUILD & CREATE

- ☐ Make a fort (outside!).
- ☐ Sew something.
- ☐ Build an obstacle course.
- ☐ Make art outside.
- ☐ Build something you can use.

INCREASE YOUR RESPONSIBILITY

- ☐ Make your own haircut or dentist appointment.
- ☐ Mow the lawn.
- ☐ Make a shopping list and shop.
- ☐ Stay home alone.
- ☐ Take cousins or siblings someplace.
- ☐ Also bring them home.

CHALLENGE YOURSELF

- ☐ Paint a room.
- ☐ Camp outside.
- ☐ Have a no TV or electronics day.
- ☐ Volunteer.
- ☐ Go someplace you don't fit in...and stay there for a while.





Seasonal Project Ideas

SPRING

- ☐ Grow a garden.
- ☐ Go fishing.
- ☐ Organise a football game.
- ☐ Dig a major hole.
- ☐ Skip rocks.
- ☐ Draw outside with chalk.
- ☐ Play in the mud.
- ☐ Skateboard.
- ☐ Rollerblade.
- ☐ Walk in the rain.

SUMMER

- ☐ Ride your bike.
- ☐ Go to the library.
- ☐ Run through the sprinklers.
- ☐ Jump rope.
- ☐ Build a treehouse.
- ☐ Camp in the garden.
- ☐ Watch the sunrise.
- ☐ Find bugs.
- ☐ Have a picnic.
- ☐ Play catch with a friend (human or dog).

Autumn

- ☐ Go for a hike.
- ☐ Create an obstacle course.
- ☐ Rake the leaves and jump in.
- ☐ Write and post a letter.
- ☐ Explore the woods or Milldown Reserve.
- ☐ Fly a kite.
- ☐ Parkour.
- ☐ Find a way to volunteer.
- ☐ Make your house into a haunted house.

WINTER

- ☐ Go sledding – if it ever snows.
- ☐ Make a snowman -as above!
- ☐ Build a snow fort – as above!
- ☐ Try a new hobby.
- ☐ Make your own how-to video.
- ☐ Shovel the leaves or snow – if it comes.
- ☐ Sell hot chocolate.
- ☐ Bundle up and go for a walk.
- ☐ Go skating.
- ☐ Look for winter constellations.

DO ONE,
DO THEM ALL,
Grow

