



OCTOBER

INDEPENDENCE: SPREAD YOUR WINGS

Hello Parents and Caregivers,

What a start to the school year with last month's activity, "Getting Out of Your Comfort Zone"! Now it's time for your child to stretch themselves further. This month, your child will choose an activity that has them "**spreading their wings**" by extending or building upon what they tried out in their September Let Grow activity.

For example, if last month they chose to make their own breakfast, **Spreading Your Wings** might look like making breakfast for your siblings or the whole family, or making your own lunch for at least three days in a row (or maybe even planning dinner, writing the shopping list, and buying the groceries needed!).

SCAN ME!



Activity Ideas List

What's Next?

1. **Let your child take the lead in planning.** They will complete their own planning sections. Use [this month's Activity Ideas List](#) or help them come up with their own idea.
2. **Activity time!** Step back, so your child can step up. Leave the room to avoid your child feeling pressured, and resist any temptation to jump in, or to help or supervise. Remember, letting go is an act of bravery!
3. **How did it go?** Your child will answer reflection questions on their page, and you should also think about your experience.
 - How did it feel to step back and let go this time? Easier or harder?
 - Did you learn anything new about your child or yourself?
 - Have you noticed any behavior or attitude changes in your child after doing a couple Let Grow activities?



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PLANNING

Hello Students!

This month, it's all about **spreading your wings**. Did you think last month's activity was too easy? Go ahead and try something harder!



What did you do for your activity last time?



What do you think you can do this time? Write down your ideas to share with your parent.

Decide your activity and write it here:

- **When** will you do it?
- **What** materials will you need, if any?
- **What-if** something seems too hard or goes wrong? How will you handle it?

DOING



How did it go? What was hard? What was easy or fun?

What did you learn about yourself?



Now go ahead and celebrate your growing independence! Woohoo!