



SEPTEMBER

INDEPENDENCE: GET OUT OF YOUR COMFORT ZONE

Hello Parents and Caregivers,

September's Let Grow activity is all about letting your child get comfortable trying out things that "stretch" them, and allow them to be more independent than before.

The point is to do something new independently. If they're very young, it can be drawing chalk art on the sidewalk or making their own lunch. But by the time they're in first or second grade, it should be something more adventurous, preferably outside the home, like playing in the park or walking to a nearby friend's house alone or with a buddy. A little older still and they can increase the distance they go and do something truly "grown up," like buying ingredients from the store and baking a cake.

Whatever they do has to be okayed by you.

Stepping outside of their comfort zone is where the growth happens!

SCAN ME!



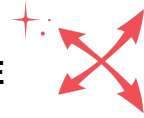
Activity Ideas List

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!

It's time for your first Let Grow activity. Ready, set, grow!

Now that you're a little older, it is time for you to do something new on your own. When you do, things change. You become a bit more grown up, and your parents see it, too. It should be something you feel ready to do on your own or with a friend, but without an adult, that you haven't done yet.

Choose an activity that gets you **out of your comfort zone**! You can choose your own ideas, or you can choose from the Activity Ideas List.



What do you think you can do? 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!