



THE LET GROW EXPERIENCE: PROGRAM GOALS

The Let Grow Experience helps educators and parents work together to give kids the crucial dose of independence necessary to become **confident, capable, and resilient**.

The program's wide variety of choices provide out-of-school opportunities for students to **strengthen their executive functioning capabilities** and **deepen their social skills**.



- Engage students in activities that promote lifelong learning and self-discovery
- Promote self-reliance and independence
- Reduce dependency on adults
- Develop students' sense of self-confidence
- Reduce student anxiety
- Develop interpersonal skills
- Develop self-regulation

- Foster maturity
- Promote an understanding of internal locus of control
- Promote the development of **executive functioning skills**

EXECUTIVE FUNCTIONING SKILLS

- Planning
- Organization
- Task Initiation
- Flexibility
- Attention
- Self-Control
- Metacognition
- Working Memory
- Time Management
- Perseverance



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SOCIAL SKILLS

- Self-Awareness
- Self-Management
- Social Awareness
- Relationship Skills
- Responsible Decision Making

Our programs get students practicing social skills outside the school day, benefiting them and their parents, and potentially the wider community, too.

SELF-AWARENESS

The Let Grow Experience provides opportunities to succeed—and fail a bit—allowing the chance to identify strengths, build self-confidence, and cultivate a growth mindset not only for students but also for their parents.

Varying emotions will come up, each one a learning opportunity. Experience is a great way to figure out interests and find a passion.

SOCIAL AWARENESS

The strength of a person's social awareness is demonstrated through their words and actions, especially in spontaneous situations. Let Grow projects can be powerful opportunities to develop their social awareness capacity through their participation in activities that expose them to all kinds of diversity and that help others.

SELF-MANAGEMENT

Trying something new on your own can be stressful. Let Grow projects require goal-setting and self-motivation and can put children in new situations that create opportunities for impulse control and stress-management.

RELATIONSHIP SKILLS

The Let Grow Experience fosters the development of relationship skills in an environment closer to the real world, in the out-of-school contexts of kids' independence projects.

Kids communicate, cooperate and negotiate with constantly shifting groups of multiple ages, creating their own rules and handling conflicts. Projects that involve public places often require impromptu communication with strangers.

What's better for relationships than building them in real life?

RESPONSIBLE DECISION MAKING

Let Grow projects are to be done without adult help, which means that children have the opportunity to analyze situations, identify and solve problems, and evaluate consequences for themselves in real-life, not just hypothetical situations.