



SEPTEMBER

## INDEPENDENCE: GET OUT OF YOUR COMFORT ZONE

Hello Parents and Caregivers,

September's project 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!



Project 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 Project Ideas List](#) or help them come up with their own idea.
2. **Project 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 Projects?