



November

SERVICE: HELP OUT AROUND THE HOUSE



Hello Parents and Caregivers,

This month's project theme is one that will change you AND your kid, and it's pretty basic: Have your child start doing something YOU would normally do.

It can be anything from doing the laundry to running an errand to checking in on Grandma. You will be a little more free, but so will your child.

How so? We all become "grownups" by doing more and more grownup things—including, eventually, all of them, like buying insurance, and talking about how badly we slept last night, and eating bran flakes instead of Cocoa Puffs. The freedom comes from being more in control of our days (and breakfast choices), moment to moment. Let your child experience the double helix of more freedom and more responsibility.

By trusting your child to do something formerly on YOUR list, they see that you trust them to be competent, and that they are actually being of service to the household, not just taking. They observe that their actions matter, and affect others around them. These are huge boosts to confidence and self-respect.

What's Next?

1. Let your child take the lead in planning. Talk through options for their November project. **Look at the idea lists (posted online under "Let Grow" in the Current Families section of the website),** 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 student will reflect on their page, you can think about the experience from your end.
 - How did it feel to step back and let go?
 - Did you learn anything about your child or yourself?

Projects Due, this paper turned in to Mrs. Underhill, by Tuesday, Dec. 2nd.

Name and Grade _____



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What did you do for your project this time? Draw it here.

Explain with words (Parents are encouraged to help early writers):

How did it make you feel?

Circle all of the feelings you had about your project.

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|---|---|---|---|---|--|---|---|
|  |  |  |  |  |  |  |  |
| A Little Scared | Proud | Joyful | Confused or Unsure | Frustrated | Surprised | Happy | Powerful |

Please turn this sheet into Mrs. Underhill's mailbox or her office in the nursery by Tuesday, December 2nd. Way to go!!