



Dear Parent,

If you think back on your childhood, a couple of memories probably stand out. Maybe it was the first time you walked to school or met your friends at the local park. Those were important steps toward becoming more independent— a time you got to grow, because your parents let go. You may not have realized it at the time, but the independence you learned in childhood played a big part in your success at school and as an adult.

Unfortunately, many students today struggle with doing things on their own and expect adults to always direct them. This makes it hard for the students to stretch and succeed, or even bounce back from disappointments. We want to help you give your own children that same chance you had to show YOU how amazing they can be. That's what The Let Grow Project is all about.

When kids do something on their own for the first time, something big happens. They realize how deeply you believe in them. You realize how amazingly they're growing up. Worries get replaced by the pride and joy of seeing your kids spread their wings. The Project is eye-opening and heartfilling. All it takes is for you to let your children do something new, on their own or with another child, but without you.

It can be hard to let go, which is why the Project provides this little push. And of course you and your child will discuss together what their Project will be. For the youngest kids it could be something as simple as making a sandwich. For older kids, it can be something a little more independent and outside of the house. The point is to stretch the boundaries of childhood just a little bit, giving kids a chance to grow.

Your child is in for a milestone, and you are too! If you are moved to share on social media to inspire other families (and brag a little!), please tag us [@LetGrowOrg](https://www.instagram.com/LetGrowOrg)!

Either way, be prepared for a lump in your throat. And thank you for giving your kids this gift!

Your Friends at Let Grow

TO DETERMINE WHAT THAT PROJECT WILL BE:

SIT down with your children and look over the Let Grow Project handout.

TALK about their ideas and share your own stories.

DECIDE on an independent activity together.

Let Grow: Social and Emotional Learning

Let Grow's mission of promoting childhood independence aligns with the social-emotional learning competencies identified by The Collaborative for Social, Academic, Social and Emotional Learning. Our programs get students practicing SEL skills outside the school day, benefiting them *and* their parents, strengthening the Family and Community wedge of the CASEL Wheel© in the process.

Self-Awareness

Both the Let Grow Project™ and Let Grow Play Club provide 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.

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. Let Grow Play Club gives children the chance to practice self-management, as they'll create games and activities, build things, and negotiate social situations.

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. Play Club offers the chance for students to interact with schoolmates they may not interact with during their normal school experiences, finding common ground through play.

Relationship Skills

Let Grow Play Club fosters the development of relationship skills in an environment closer to the real world than structured after-school activities. 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. Play Club ensures mixed-age free play where kids evaluate social situations and the potential consequences of various actions as they create their own activities

