

Create your #LetGrowMoment!

Let Grow projects to do alone or with a friend



Ready to do something on your own? Good for you! Look at the Projects below, circle a few that you might want to do – and feel *ready* to do – that you just haven't done yet. Then, choose one!

The Projects go from easier to harder – sort of. But some things that are easy for you will be harder for other kids, and some things that are hard for you are easy for them. So there are no "right" or "wrong" choices. Just talk with your mom, dad, or caregiver about what you think would be a fun, exciting thing for you to try. Once you've done something, keep doing it and look for a new Project to try next.

Keep on growing! Each time you do something for the first time, that's a **#LetGrowMoment!**

Climb a tree

Walk the dog

Play in the yard

Scooter on the sidewalk

Plant some flowers or vegetables

Make breakfast

Visit a neighbor

Do something with your brother or sister outside

Pack your lunch

Organize a game outside

Wait at the bus stop

Play in the rain

Make a fort outside

Spend some time at the library

Teach yourself to skateboard

Get yourself ready for school

Collect cans / bottles in the neighborhood for recycling

Run into a store to buy something while your parent waits in the car

Practice free throws

Light the candles on a birthday cake

Host a sleepover

Build something out of junk outside

Buy something at a store or restaurant

Weed the lawn / garden

Walk around taking pictures

Make up an outdoor game

Make a picnic

Trick or treat with friends

Write and mail a letter

Write a thank-you note and deliver it

Play at the park

Make a sandwich

Make a picnic

Trick or treat with friends

