

How did you feel?

Did you like it? Why or Why Not?

Date(s): _____

Write about, draw or attach a picture of your project!



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ADULT/ CAREGIVER PLEDGE

- We all know that kids need some unstructured free time, play time, and a chance to figure things out on their own, because that's how they develop life skills, deep interests and resilience.
- We also know that it's really hard not to jump in to make things easier for them, or give them our great advice, or just take over. (But we get it: When we do that, we're actually denying our kids some powerful learning experiences.)
- As caregivers, we make a commitment to step back! We will allow some frustration and imperfection! We will let the kids be bored long enough to find something to do. We will supply some Band-Aids and try not to freak out!

THIS NEW ATTITUDE will take some pressure off the kids (and us!) and let us see just how much they're capable of. Take The Let Grow Parent Pledge to **STEP BACK SO OUR KIDS STEP UP!**

KID PLEDGE

This coming summer I will, of course, grow older. I would like some more independence, and I know that also means I have to show how responsible I am.

That day by day:

- I will start to do more things on my own, by choosing one new thing a week to try after getting my parents' permission.
- I will not deliberately do anything bad, like hurt someone. And I will not go someplace I'm not allowed.
- I will basically be a good kid, just with some more independence, responsibility, and excitement.

SYC REC SUMMER LET GROW CHALLENGE



This summer we challenge you to try something new by yourself each week!

We will have a special challenge sheet for you to complete. If you are at a NBPT Rec program, we will do raffles on Fridays for anyone who did a **Let Grow Challenge** and at the end of the summer- ANYONE who did at least 8 things will get a coupon for a FREE Ice cream!

Name: _____

Age: _____



My LetGrow Projects



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My LetGrow Projects



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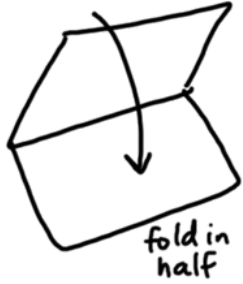
Date(s): _____

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How did you feel?



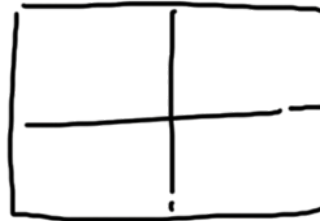
FOLDING INSTRUCTIONS



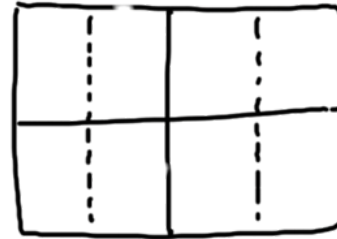
fold in half



fold in half the other way



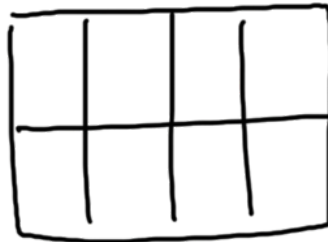
UNFOLD



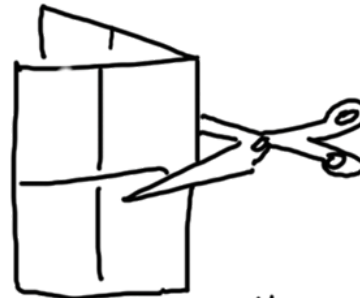
fold along



(it looks like this)



UNFOLD



fold in half...

then cut...



BUT only halfway!
To this middle point



UNFOLD. Ok. this is the tricky part...



fold in half the other way...



Push ends together.
The slit will form a diamond...



Keep pushing til you have an "x"...



Fold to form pages!
Ready for drawing.