

## 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!

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

Wash fruit or veggies for a snack

Visit a neighbor

Dress yourself

Set the table

Take the trash to the curb

Ride your bike

Play in the rain

Wash the car

Water the plants

Get yourself ready for school

Empty the household trash baskets

Make a sandwich

Rake leaves

Pick and arrange flowers

Help put groceries away

Put your own shoes and coat on

Clean your room

Weed a neighbors garden

Play at the park

Cut fruit or veggies for a snack

Weed the lawn / garden

Walk around taking pictures

Make up an outdoor game

Help pack for a trip

Feed and water pets

Make a phone call to a friend

Draw a picture for a neighbor and deliver it