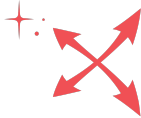




SEPTEMBER / OCTOBER ACTIVITY IDEAS

INDEPENDENCE

September: Get Out of Your Comfort Zone 	Get comfortable with trying out things that “stretch” you, and allow you to be more independent than before. Stepping outside your comfort zone is where the growth happens!
October: Spread Your Wings 	How can you extend or build upon what you tried in September for your Let Grow activity? Now that you’ve challenged yourself with something outside of your comfort zone, what comes next? How can you stretch or extend that first activity? For example, if your first activity was making your own breakfast, you could spread your wings by: • Making breakfast for your siblings or your whole family. • Making your own lunch for at least three days in a row. • Planning dinner, writing the shopping list, and buying the groceries you need.

ACTIVITY IDEAS

Inspiration to get you started! Choose from the list, or come up with your own idea.

ELEMENTARY	MIDDLE SCHOOL
Head to the kitchen and make something for yourself (prepare your own breakfast, lunch, or snacks; plan a dinner and make it). Make breakfast for the family. Bake something delicious (including putting it in the oven). Bring some of that delicious thing to your neighbors. Learn a new skill, like how to jump rope/skateboard/skate/rollerblade/ride a bike. <i>Continued</i>	Build an outdoor fort. Build a treehouse. Climb a tree. Dig a big hole. Find some insects (do not bring inside). Safely cross a busy street. <i>Continued</i>



SEPTEMBER / OCTOBER ACTIVITY IDEAS

ELEMENTARY	MIDDLE SCHOOL
Draw outside with chalk. Climb a tree. Camp in the yard. Have a picnic. Go into the woods (DO NOT bring a basket of food for Grandma). Build an obstacle course. Build an outdoor fort. Build a treehouse. Dig a big hole. Find some insects (do not bring inside). Safely cross the street. Make a shopping list and shop. Design and sew something. Learn how to use a tool (hammer, saw, etc.), and build something.. Walk to a friend's. Visit a relative on your own. Learn and play a game or card game you've never played before. Go to the park and don't immediately come home. Get a group of friends together to play a game (tag, soccer, basketball, hide and seek, catch, Frisbee, hockey, baseball, etc.). Get a group of friends together to learn a new dance routine. (Spread your wings by performing that routine for an audience!) Nerf battle! (Outside, please.) <i>Continued</i>	Go into the woods (DO NOT bring a basket of food for Grandma). Go geocaching. Make a shopping list and shop. Take a bus, train, or ferry. Go to the park and don't immediately come home. Head to the kitchen and make something for yourself (prepare your own breakfast, lunch, or snacks; plan a dinner and make it). Make breakfast for the family. Bake something delicious (including putting it in the oven). Bring some of that delicious thing to your neighbors. Learn and play a game or card game you've never played before. Get a group of friends together to play a game (tag, soccer, basketball, hide and seek, catch, Frisbee, hockey, baseball, etc.). Learn how to use a tool (hammer, saw, etc.), and build something. Play night tag. Nerf battle! (Outside, please.) Make your own lunch for a week. Do the lunch thing for your siblings, too. Design and sew something. Go to the library or a museum on your own or with a friend (if permitted at your library — check age requirements for solo visit). Write a letter and mail it (without pushing a button). Schedule your own haircut appointment. (Yup - actually talk on the phone!) <i>Continued</i>



SEPTEMBER / OCTOBER ACTIVITY IDEAS

ELEMENTARY	MIDDLE SCHOOL
Try something new at your nearby park or playground (different swings? bigger slide? new trail?, etc.) Run an errand. Go to the library on your own or with a friend (if permitted at your library - check age requirements for solo visit). Try a new approach to your studying/homework this year: Make your own homework/study space/corner that works for you. Make your own homework schedule for the week. Get yourself ready for school and out the door. Write a letter and mail it (without pushing a button). Do the family's laundry (includes folding). Walk a mile (or more!). Organize a yard sale/tag sale or a sidewalk carnival. Get ice cream with friends. Schedule your own hair appointment. (Yup — actually talk on the phone!) OCTOBER IDEA: • Plan your trick or treat route. • Older kids: Go trick-or-treating without an adult (and with a friend, friends, or siblings) for part of your route or your entire route.	Get a group of friends together to learn a new dance routine. (Spread your wings by performing that routine for an audience!) Try a new approach to your studying/homework this year. Make your own homework/study space/corner that works for you. Make your own homework schedule for the week. Organize a yard sale/tag sale or a sidewalk carnival. Get ice cream with friends. Do the family's laundry for a week or more (includes folding). Walk a mile. Walk five miles! Mow the lawn. Mow neighbors' lawns for \$\$\$ (because you're an entrepreneur). Wash the car. OCTOBER IDEA: • Go trick-or-treating without an adult (and with a friend, friend, or siblings). • Make a haunted house experience for friends and family who want to enjoy some spooky thrills.