



GROW BOLDLY

Independence · Play · Confidence

Family Edition

Welcome to Grow Bold: A Let Grow Summer

This summer, we're following the ideas of Jonathan Haidt and the Let Grow Project: kids thrive when given the space to explore, struggle, and succeed on their own. You don't need to fill every hour. Let boredom spark creativity. Let small risks build big confidence. Let Them Grow.

How to use this calendar

- Each week has a theme + a Let Grow Challenge. Read it together as a family.
- Check out the daily activities to fill your days with purposeful play.
- Let your child lead wherever possible. Resist the urge to jump in.
- At the end of summer, answer the reflection questions together.



June 1

Summer Kickoff

Let Grow Challenge: Ask your child: 'What's something you want to learn to do on your own this summer?' Summer doesn't need to be busy to be meaningful.

This Week's Activities

- Talk together about what independence looks like for your family
- Write down 3 things your child wants to try on their own
- Create a Summer Bucket List

Notes & Reflections



OUR Summer BUCKET LIST

June 8

Fun Each Day

Let Grow Challenge: Check out the fun ideas for each day and dive into a new activity all summer long. Let your child take the lead — even when things get a little messy — and watch the growth unfold.

This Week's Activities

- **Make-It Monday:** Provide recyclables, tape, and glue for creative building.
- **Try-It Tuesday:** Allow kids to make their own snacks independently.
- **Water Wednesday:** Use water, a bucket, and a sponge for a DIY car wash.
- **Thrill-Seeker Thursday:** Go on a neighborhood adventure guided by the kids' curiosity.
- **Friend Friday:** Host a backyard hangout for kids to play while adults chat.

Notes & Reflections

June 15

Do It Yourself

Let Grow Challenge: Let your child do something on their own that you usually help with.

This Week's Activities

- **Breakfast Boss:** Let them prepare a simple breakfast.
- **Laundry Leader:** Have them sort laundry and operate the washer.
- **Solo Shopper:** Give them a short grocery list to find items.
- **Pet-Care Pro:** Let them take over a pet task like feeding or brushing.
- **Household Helper Challenge:** Allow them to take over a familiar household chore.

Notes & Reflections

June 22

Screen Free Day

Let Grow Challenge: Try one full screen-free day this week and watch boredom turn into creativity.

This Week's Activities

- **Little Chef Challenge:** Have them prepare a dish from scratch while you manage the oven.
- **Backyard Adventure Builder:** Use chalk, sticks, or rope to let children design their own obstacle course.
- **Paper & Pencil Power Hour:** Encourage creativity with comics, treasure maps, or board games, using no screens.
- **Read a Book Together:** Choose a book and enjoy a shared reading session, taking turns reading pages or discussing the story.

Notes & Reflections

June 29

A New Spark

Let Grow Challenge: Let your child spark a fresh Fourth of July tradition of their own. A picnic, a homemade parade...let the fireworks of creativity fly.

This Week's Activities

- **Mini Parade:** Gather craft supplies for kids to create their own parade with chosen routes, music, and "floats."
- **Picnic Planner:** Let kids plan a festive picnic, selecting snacks and the perfect location.
- **Fireworks-Free Fireworks:** Use chalk or paint for kids to create their own art representing fireworks.
- **Red-White-and-Blue Bake Day:** Kids can lead simple baking projects like fruit skewers or decorated cookies.

Notes & Reflections

July 6

Backyard Adventure

Let Grow Challenge: Turn your backyard into a playground of limitless possibilities. Let your child explore, invent, and adventure their way through the week.

This Week's Activities

- **Nature Explorer Mission:** Kids lead a backyard expedition, collecting interesting items like rocks and leaves.
- **Water Works Lab:** Provide buckets and cups for them to experiment with water challenges and games.
- **Backyard Mapmaker:** Children draw imaginative maps of the backyard, including secret tunnels and treasure spots.
- **Creature Quest:** Encourage them to observe and sketch local wildlife, becoming backyard experts.

Notes & Reflections

July 13

Be the Leader

Let Grow Challenge: Let your child take the lead this week - in big ways, small ways, and silly ways. Give them the chance to make decisions, guide the plan, and show what they can do when they're in charge. You step back, they step up.

This Week's Activities

- **Morning Boss:** Let them guide the morning routine.
- **Adventure Captain:** Allow them to choose the walking route.
- **Dinner Director:** Have them plan part of dinner or set the table.
- **Game Master:** Let them select the game and set the rules.
- **Household Helper-in-Chief:** Allow them to lead a household task of their choice.

Notes & Reflections

July 20

Build Something

Let Grow Challenge: Encourage your child to lead a building project this week, whether big or small. Provide materials, step back, and allow their creativity and engineering. The aim is to foster ownership, creativity, and pride in their creation, rather than perfection.

This Week's Activities

- **Cardboard, Stick & Stone Builder:** Use boxes and tape for imaginative builds, adding sticks and stones for tiny features like fairy houses.
- **Kitchen Construction Crew:** Build edible creations like mini pizzas or snack sculptures, with adult supervision for cooking.
- **Fort Factory:** Design forts with blankets and pillows, letting kids decide the layout and purpose.
- **LEGO or Block Challenge:** Offer prompts to inspire creativity, like building something that moves or a tiny creature's home.

Notes & Reflections

July 27

Kindness Counts

Let Grow Challenge: Let your child take the lead in spreading kindness this week. Big gestures, tiny surprises, quiet moments. Give them the space to choose who they want to help, how they want to brighten someone's day, and what kindness looks like to them.

This Week's Activities

- **Kindness Counts Creator:** Make cheerful notes or gifts for someone in need.
- **Helper's Choice:** Let your child choose a household task to do for someone else.
- **Compliment Captain:** Encourage giving three genuine compliments.
- **Secret Kindness Mission:** Choose a quiet mission, like holding doors or sharing toys.
- **Community Cheer:** Create something kind for the community, like a thank-you note or sidewalk chalk message.

Notes & Reflections

August 3

Summer Reflection

Let Grow Challenge: Summer's wrapping up, so give yourself a little high five for everything you pulled off. Whether you wiped out surfing, burned a few experimental recipes, or wandered off on solo quests, it all counts as growth. Pocket those memories. They make great fuel for whatever you chase next.

1 What was your favorite memory this summer?

2 What did you learn to do completely on your own?

3 What was something that scared you that you tried anyway?

4 What's something you want to do even more independently next year?

5 What are you most proud of from this summer?

"Give them a little space, and they'll fill it with courage, creativity, and joy."



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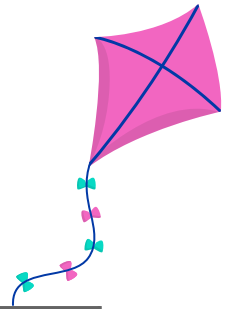
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JUNE



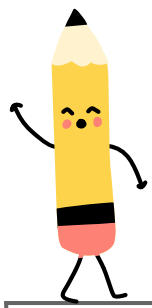
MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
Kick off summer with a simple win! Create a Summer Bucket List as a family.						
8	9	10	11	12	13	14
Try a new activity each day and let your child take the lead – mess and all.						
15	16	17	18	19	20	21
Encourage your child to try something on their own that you usually help with.						
22	23	24	25	26	27	28
Unplug for one full day. See how boredom transforms into creativity, play, and meaningful connection.						
29	30					
Let your child spark a brand-new Fourth of July tradition.						



JULY



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
Let your child spark a brand-new Fourth of July tradition.						
6	7	8	9	10	11	12
Turn your backyard into an adventure zone. Create, explore, and let imagination take over.						
13	14	15	16	17	18	19
Leadership starts small, so have your child shine by leading a game, craft, or activity.						
20	21	22	23	24	25	26
Give kids materials and step back as the magic happens in the making.						
27	28	29	30	31		
Kindness counts! Brighten someone's day with one small act of kindness each day.						



AUGUST



MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
Kindness counts! Brighten someone's day with one small act of kindness each day.						
3	4	5	6	7	8	9
End the summer by celebrating the memories, independence, and brave moments.						
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						