

## THE LET GROW SUMMER EXPERIENCE

Dear K-8th LM Families,

Summer is the perfect season for spreading those independence wings. With school out and sunshine in, kids have the time and space to try doing more on their own—more exploration, more discovery, more fun! Whether it's a solo trip to the ice cream truck, organizing a neighborhood game, pet-sitting for the first time, or practicing a new spiritual discipline, these small adventures build big confidence.

This year, some of our faculty studied the book, *The Anxious Generation*, which provides a research-based framework for encouraging phone-free, play-full childhood experiences to encourage independent, self-regulated, and healthy kids! The administrative team also read *Beyond Biblical Integration*, which encourages pairing real-world experiences with meaningful reflection as a way to grow lives of Christian faith and service. In response, we offer to you the “**Let Grow Summer Experience**” (adapted from *The Anxious Generation* team)!

Make this summer a season of “I can do it!” moments! Think back on your childhood summers. The joy of playing, the afternoons absorbed in a hobby. Or even the time something went wrong and you had to figure out what to do—and you did. It's likely your parents believed you could handle some freedom. Their trust in you and the confidence you felt dealing with challenges is what built your resilience, bit by bit. Today, children often don't get many chances to do things on their own. This makes it hard for them to stretch and succeed, or even bounce back from disappointments.



Proverbs 22:6 encourages us to “start children off on the right path,” and a mantra of “Let Grow” is to “don't prepare the path for the child, prepare the child for the path.” Together, we can help build a path of experiences for your children that builds their faith, independence, and character.

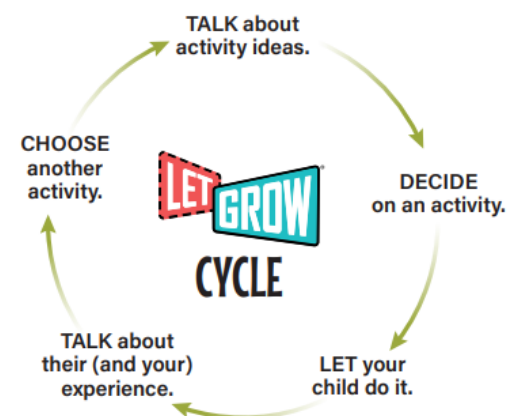
The following ideas based on the Let Grow Summer Experience (with a few LM challenges thrown in), gives you and your children a whole lot of things they can start doing this summer. Some things will seem too simple. Others, too hard. Consider your children's interests, age,

abilities, and neighborhood, and discuss together what activities they can try on their own (or with a friend or sibling) without you helping or supervising. The goal is to stretch the boundaries of childhood just a little bit. When children do something new on their own, both generations get a burst of confidence. Worry gets replaced by pride and joy. It can be hard to let go, so this kit provides a little push. Be prepared for a lot of growth and the joy of seeing your child thrive! You can [share photos](#) of your child's growing experiences to this slideshow to be shared in part at chapel next fall - upload to album here: <https://shorturl.at/7WCuy>.

Preparing children for the path together,

Mrs. Carson, Elementary Principal

Mr. Buckwalter, Middle School Principal





## Activity Ideas

### GO OUTSIDE

- ☐ Climb a tree.
- ☐ Ride your bike. (Bonus: No hands!)
- ☐ Race remote control cars.
- ☐ Frisbee! Tag! Frisbee Tag!
- ☐ Get kids to come out and play.
- ☐ Have a picnic.
- ☐ Fly a kite.
- ☐ Rollerblade.
- ☐ Skateboard.
- ☐ Nerf battle!
- ☐ Hopscotch.
- ☐ Geocache!
- ☐ Jump rope.
- ☐ Go fishing.
- ☐ Watch the sun rise or set.
- ☐ Stargaze.
- ☐ Skip rocks.
- ☐ Dig a hole.
- ☐ Hike a local trail.

### AND STAY OUTSIDE

- ☐ Football!
- ☐ Baseball!
- ☐ Four square!
- ☐ Jump rope!
- ☐ Soccer!
- ☐ Some game you make up using a ball, Frisbee, balloon or stick.
- ☐ Some game involving chalk.
- ☐ Play catch with a friend (human or dog).

- ☐ Balance on something hard to balance on.
- ☐ Pick up trash in the neighborhood.
- ☐ Go fishing!
- ☐ Walk a mile.
- ☐ Walk FIVE miles!.

### HEAD TO THE KITCHEN

- ☐ Make yourself a snack.
- ☐ Find a new recipe and try it on your own.
- ☐ Make cookies.
- ☐ Boil water and make pasta.
- ☐ Make breakfast for your family.
- ☐ Make dinner for your family.
- ☐ Smoothies! Made by you!
- ☐ Ice pops! A classic!
- ☐ Plan a backyard BBQ and cook it!

### STAY COOL

- ☐ Run through the sprinklers at home! At a park! Anywhere water is gushing!
- ☐ Water balloon fight!
- ☐ Walk in the rain.
- ☐ Play in the mud.
- ☐ Make your own air conditioner (Hint: ice and a fan?)
- ☐ Do the grocery shopping. (Enjoy the air conditioning!)

### BUILD FAITH

- ☐ Try the LM Bible Reading challenge
- ☐ Memorize one of the scripture songs from The Soil & The Seed Project
- ☐ Visit one of your friends' churches
- ☐ Shake hands with your pastor
- ☐ Interview an adult about their baptism experience
- ☐ Try praying out loud in a group setting or before a meal

### GET AROUND

- ☐ Run an errand.
- ☐ Ride your bike someplace. Or no place.
- ☐ Walk to a friend's.
- ☐ Visit a neighbor.
- ☐ Cross a street.
- ☐ Take a bus, train or ferry.
- ☐ Go to the library. Sign up for a library card.
- ☐ Make a scavenger hunt.
- ☐ Get a present for a friend or relative.
- ☐ Find or make a hideaway.
- ☐ Flashlight tag.
- ☐ More flashlight tag.

### LEVEL UP

- ☐ Make your own haircut or dentist appointment.
- ☐ Put air in a bike tire.
- ☐ Fix a bike chain.
- ☐ Mow the lawn.
- ☐ Make a shopping list and shop.
- ☐ Stay home alone.
- ☐ Take cousins or siblings someplace.
- ☐ Also bring them home.



## Activity Ideas

### ANIMAL TIME

- ☐ Walk the dog. (And scoop if you must.) (You must!)
- ☐ Pet sit for a neighbor or friend.
- ☐ Go to the pet store.
- ☐ Look for bugs.
- ☐ Catch one! (Maybe now it's a pet?)
- ☐ Take on the pet chores in your house.
- ☐ Go bird watching in the park.
- ☐ Feed the birds.
- ☐ Teach your pet a new trick.
- ☐ Discover a new species. (Good luck!)

### HELP OUT

- ☐ Walk the dog. (And scoop if you must.) (You must!)
- ☐ Pet sit for a neighbor or friend.
- ☐ Go to the pet store.
- ☐ Look for bugs.
- ☐ Catch one! (Maybe now it's a pet?)
- ☐ Take on the pet chores in your house.
- ☐ Go bird watching in the park.
- ☐ Feed the birds.
- ☐ Teach your pet a new trick.
- ☐ Discover a new species. (Good luck!)

### CREATION CARE

- ☐ Plant flowers that are good for butterflies.
- ☐ Grow something you can eat.
- ☐ Create your own container or fairy garden.
- ☐ Weed your garden.
- ☐ Water it too!

### MAKE IT

- ☐ Make a fort (outside!).
- ☐ Make a bird feeder (then watch the show!).
- ☐ Sew something.
- ☐ Build an obstacle course.
- ☐ Make art outside.
- ☐ Build something you can use.
- ☐ Make a sidewalk mural with chalk.
- ☐ Make up a dance or gymnastics routine. Teach it to a friend.
- ☐ Paint rocks and leave them in your neighborhood for people to find.
- ☐ Write and illustrate a story or comic book.
- ☐ Take something apart.
- ☐ Put it back together.
- ☐ Make something that has wheels.
- ☐ Repair something.
- ☐ Make (and bury) a time capsule.

### GO BIG

- ☐ Paint a room.
- ☐ Camp outside.
- ☐ Find a part-time gig.
- ☐ Have a no TV or electronics day.
- ☐ Volunteer.
- ☐ Organize a yard sale.
- ☐ Go someplace you don't fit in...and stay there a while.
- ☐ Learn to play the ukulele. (Outside!)
- ☐ Put on a talent show for friends, neighbors, relatives or anyone willing to watch.

### MY IDEAS

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

