

INDEPENDENCE

Term 1 theme: **Get Out of Your Comfort Zone**



A Message for Parents and Carers:

This term's Let Grow challenge is all about letting your child get comfortable trying out things that stretch them and allow them to be more independent than before.

The aim is not to complete a difficult task. The aim is to build confidence, responsibility and problem-solving skills by taking small steps towards greater independence.

Together with your child, choose an activity that feels safe, appropriate and just a little outside their comfort zone.

What's Next?

1. **Let your child take the lead in planning.** Use this term's Activity Ideas List (next page) or help them come up with their own idea.
2. **Activity time!** Step back, so your child can step up. Leave the room to avoid your child feeling pressured and resist any temptation to jump in or to help or supervise. Remember, letting go is an act of bravery.
3. **How did it go?** Use the reflection questions below to think about how it went.
 - *What did you do?*
 - *Were you nervous before you started? Why?*
 - *How did you feel when you finished?*

Activity Ideas

Families should decide what is suitable for their child based on age, maturity and individual circumstances.

At Home

- Make your own breakfast
- Prepare your own packed lunch
- Help plan and cook a family meal
- Organise your bedroom or play area
- Pack your school bag independently for a week
- Take responsibility for feeding a pet

In the Community

- Buy an item from a local shop with permission
- Post a letter
- Borrow and return a library book
- Help with the family shopping
- Order your own food in a cafe or restaurant
- Ask a shop assistant for help finding something

Organisation and Responsibility

- Manage your own morning routine
- Set an alarm and get ready for school independently
- Create a weekly homework schedule
- Complete a regular household responsibility

Learning New Skills

- Learn a new recipe
- Learn basic first aid with an adult
- Learn to sew on a button
- Learn a practical household skill safely with an adult
- Start a new hobby or skill

Helping Others

- Read to a younger sibling
- Help an elderly relative
- Do an unexpected act of kindness
- Organise a family game night
- Help a younger child learn a new skill

Getting Out of Your Comfort Zone

- Introduce yourself to someone new
- Join a new club or activity
- Ask a question independently
- Try something you have been nervous about doing
- Take responsibility for solving a small problem independently