

JOIN FOR
**Kid-Powered
FRIDAYS**

At Aidenn Lair Park



**EVERY FRIDAY
AFTER SCHOOL**

**KID-
POWERED
FRIDAYS**

FOR KIDS OF ALL AGES

Why Kid-Powered Fridays?: After our 91 year old neighbor, who raised her own three boys in this neighborhood, asked me why kids don't play outside anymore, it made me wonder the same thing. After all, playing outside, with no adults around, was THE most fun thing about growing up. I have countless memories of stickball, roller hockey, manhunt, ringalario, football, and basketball all organized outside by kids without adults involved. I'm sure you do too.

So I dove into the subject and found that not only is this type of play the most fun for kids, but it has developmental benefits that carry into adulthood and it has consequences if it's missed. Books like *Coddling of the American Mind*, *Free Range Kids*, and *The Anxious Generation*; researchers like Peter Gray in the Ted Talk below, and organizations like LetGrow.org have detailed why kids stopped playing outside and what those consequences have been.

I think many of you would love to give your kids a chance to get outside and play, just like we did. To make memories of bravery when exploring, to build confidence to solve problems, to become independent, and choose their own adventures and have just plain fun. ***That's where the idea of Kid-Powered Fridays comes in.*** No single family can make this happen on their own. Our parents and grandparents just kicked us outside. Nowadays, even if you wanted to, you'd kick them out to an empty street.

Maybe we can bring it back to our neighborhood. Every Friday after school at Aidenn Lair Park. They pick their games, they make the rules, if they get into arguments, they solve their own problems.

Play Researcher Peter Gray's Ted Talk on Play [Here:](#)

How It Works

When: Every Friday afternoon after school

Where: Aidenn Lair Park. They can roam the playground, tennis courts, basketball courts, and baseball fields.

Who: A few parents. All kids are welcome. Mixed ages is best.(ie Preschool through Middle)

What else: At this time Jarrettown Elementary fields and playground are not available after school.

The Approach

- Kids have the freedom to choose their activities and playmates.
- Adults are present nearby for safety, but do not intervene in minor conflicts or organize activities.
- No screens, no social media

Parent Guidelines

1. Group up with other families: Make plans with your friends to minimize the number of parents necessary. For instance: I'll be there and responsible for my kids, my brother's kids, and maybe one neighbor's kids, about 7 kids total. You will have made plans with some other Dad's or Moms to be responsible for your and their 3-4 kids and so on... Maybe we end up with five parents and twenty kids or more and everyone knows who's ultimately responsible for who; with no one adult responsible for everyone or for kids they don't know well
3. If your kids are old enough that you'd normally let them play at the park alone, then they can be there alone with no adult responsible for them. But if you wouldn't normally let your kid play at a park without an adult, make sure you are there or you've discussed it with a parent you know that will be there.
4. The goal is for parents to hang out at a distance by the picnic table near Arran Way or somewhere nearby. Kids roam free throughout the playground, basketball courts, tennis courts, baseball fields etc.
5. Feel free to bring sports equipment, balls, bats, games, sidewalk chalk, etc for them to use

Official Neighborhood Website:

Click here for stories, articles, books, and updated event information.

[The Clans of Aidenn Lair](#)

Let Grow.org Parent Pledge Below:

Kid Powered Fridays at Aidenn Lair Park Unleashing the Power of Play in Our Neighborhood

How do children develop the social-emotional skills to deal with disappointment, arguments and frustration? How do they learn to make — and keep — friends? These life-enhancing skills are almost impossible to get from a textbook. That's why all children come equipped with the burning desire to **play**.

What are Kid Powered Fridays?

Kid Powered Fridays is a weekly event at Aidenn Lair Park where children meet after school to hang out and play without adults organizing it — looks like “just plain fun.” But that “fun” is how Mother Nature disguises the hard work. Because it is “fun” to play ball, kids learn the difficult skills of focus, compromise and empathy. Play jacks, you learn patience. Play superheroes, you learn to imagine. Play freeze-tag? Self-control.

But what if you're left out? You adjust to fit in, or find a group where you do.

Fall down? You get back up so you can keep playing.

Someone's cheating? You figure out how to make things work — so you can play some more.

It can be painful. But as Prof. Peter Gray, a co-founder of Let Grow, has said:

“Kids need thousands of scrapes, conflicts, insults, alliances, betrayals, status competitions, and acts of exclusion, in order to develop into socially competent adults.”

That's why some days your kids will be elated, and other days they may be sad, or mad. But when we protect our kids from all scrapes — physical and psychological — we are “protecting” them from growing up.

And so, the Let Grow Parental Pledge for Kid Powered Fridays

I understand that not all kids will be happy all the time

I understand that the adults will not intervene in the children's arguments.

I understand that if my child deliberately hurts someone, they should not be allowed to play the rest of the day, but will be welcomed back the next day.

I understand that this is a chance for my child to grow resilient, resourceful and mature.

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KID POWERED FRIDAY

Rules

When you played as a kid, was an adult always with you? **No.**

Did you figure out how to deal with a bossy-pants? A cheater? A friend who turned on you?

Yes.

Was it painful? **Probably.**

Those were growing pains.

To assume we could deal with these discomforts but our kids cannot is insulting and untrue.

Kid Powered Fridays gives kids back the resilience-building playtime we had.

It is supervised by adults, but they do not organize the fun or solve the spats. The chance to collaborate with friends, resolve disputes and bounce back from disappointments are confidence- and character-building opportunities.

Therefore there are only three rules at Kid Powered Fridays:

- 1. No deliberately hitting or physically hurting another child.**
- 2. No leaving the grounds without permission.**
- 3. Listen to the adults, who intervene only when they must**
- 4. No screens**

Click [here](#) for the official LetGrow.org Parental Pledge