

Let it go!!!

For every situation there are some things we CAN and some things we CAN'T control.

You can draw some balloons on a piece of paper, or better yet inflate some balloons!

Take a marker and write on the balloons whatever is holding you back and you can't control it. Take a deep breath and let it go!

Safety note. Grown-ups: you blow up the balloons. Broken balloon pieces go straight in the trash, because children under 8 can choke on them.



Things I CAN control

Things I CAN'T control

