



# Letting Go Script

This is the script for the MP3 track to go with the Letting Go resource. You will need to record it, and add some instrumental background music if possible, before loading it onto the MP3 players to use with the activity. Alternatively, you could adapt it into a simple instruction card to display next to the resource.

## • Script

Life can be so busy. Whether we're at home, at school or at college, whether we're with family, friends or people we don't know so well, our time gets filled with all sorts of things to do, and things to think about. It's not easy to stop and be still for a moment, and sometimes it's the last thing we want to do, because when we stop and think, that's when we start to worry about things.

Take a deep breath and stop. Be still for a moment. Be honest with yourself... what is it that's worrying you right now? What do you feel anxious about? In front of you are some pieces of paper and some pens. If you want to, write down one word, or just one letter, that, to you, represents the things that are worried or anxious about.

This is just for you, it's completely anonymous. Fold the paper a couple of times and hold it in your hand, as if you are holding onto the stuff you wrote down. When you hold onto it tightly, no one else can see it, no one else can help, no one else can take it away. Now imagine that you could give these worries to someone who really cares for you.

Worrying about something doesn't usually make it any better, or make the problem go away. Usually it just messes with our heads and stops us feeling any kind of inner peace. For the couple of minutes you're here this is an opportunity to put your worries to one side. When you're ready, relax your hand. When you want to, let the paper go and drop it into the box. How does it feel to release your worries this way?

Talking to others about the things that worry us can help. Who can you talk to about the things that worry you? A wise religious man once said, "Pray, and let God worry." Christians believe that God loves people, knows them completely, is more powerful than any worry and is always there to listen.