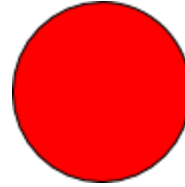
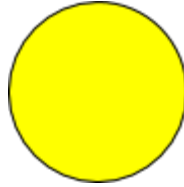


Let it Go!

Life Skills:



Set Up: Horse and Halter
Paint
Paint Brush

Water hose
Paper Plate

Objective: Leader successfully demonstrates letting go of a situation by painting it on the horse and washing it away.

Leader chooses a personal situation or “real life” example of something to let go. In the covered wash rack the leader paints the situation or feeling on the horse then willingly washes it away. The leader may keep their personal situation to themselves or share with the mentor, but must choose a “real life” example.

Discussion:

- What was easy or hard about this exercise?
- What did the leader think/feel about the exercise?
- What was the horse’s response to this exercise?
- How does the leader benefit from being able to let things go?
- How was this experience positive? Negative?
- How has this exercise helped the leader better understand their “real life” situation?

Charm:

