

# Letting Go

**Objective:** To improve our communication about our experiences so that we can release stress, and find a path forward.

## Main Ideas:

- Letting go first requires that we adequately acknowledge and accept the feeling.
- To do this, we first need to be allowed to express our frustration, desire, sadness or disappointment.
- To feel the greatest stress relief from communicating about our experiences, we need to not be talked out of our feelings, but to have them be accepted first.
- Once we have had that experience, we can practice the mantra: Two things can be true...

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## **Examples of Acknowledgement Statements to Model for Children (when they are upset):**

- I know you really wanted to score today. It's so hard when things don't go the way you hoped.
- I know how hard you worked. It feel so frustrating when you work hard and the outcome isn't what you wanted.
- This math homework does look hard. I understand. Tell me about the tricky parts.

## **Mantras to practice together (AFTER acknowledgement statements)**

- **Two things can be true:**
  - You can be so disappointed things didn't go the way you hoped today AND you can try again at the game next weekend.
  - You can be so mad and disappointed you didn't get the grade you wanted AND we can think of some new ways to prepare for next time.
  - This math can be super tricky AND you can talk me through it and we'll come up with some ideas together.