**"Let It Go"**

**I would set the scene with a PowerPoint or You Tube Video of snow falling and gentle music. The room must be able to be darkened.**

**Children in circle around a central ‘mountain’. Facilitator for every child with the following equipment.**

* **Mountain made from box pile, or similar with white sheet over.**
* **Torch for each adult**
* **Crowns made from sparkly card, one per person (adults and children)**
* **Thin white fabric flags, big enough to swirl effectively and hang in front of child’s face and shine torch through. (I use cheap canes from garden centre and tape cheap fabric to them)**
* **Shawl/wrap for each child.**
* **Tray/bowl of ice cubes for each child**
* **Hoop hula or smaller hoops covered with tissue paper**
* **Stick (another cheap cane) with hanging shiny objects (eg silver tinsel, paper snowflakes, sparkly twists and/or plastic baubles/shapes)**

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| The snow glows white on the mountain tonightNot a footprint to be seenA kingdom of isolation, | Every facilitator shines torch light in floating movement over ‘mountain’ made from sheet over pile of boxes, table etc. |
| And it looks like I'm the queen. | Put crowns on head, facilitators and if possible, children. |
| The wind is howling like this swirling storm insideCouldn't keep it in, heaven knows I tried! | Swirl white fabric flag around child. |
| Don't let them in, don't let them seeBe the good girl you always have to beConceal, don't feel, don't let them knowWell, now they know! | Hold fabric flag so it hangs in front of child and shine torch through it towards child. |
| Let it go, let it goCan't hold it back anymoreLet it go, let it goTurn away and slam the door! | Raise arms and move in circle away from centre and then back again.Wheelchair, move chair slowly away and then back facing centre. |
| I don't careWhat they're going to sayLet the storm rage on,The cold never bothered me anyway! | Wrap shoulders with shawl/wrapOrHands in tray of ice cubes |
| It's funny how some distanceMakes everything seem smallAnd the fears that once controlled meCan't get to me at all!It's time to see what I can doTo test the limits and break throughNo right, no wrong, no rules for me I'm free! | Hold hoop with paper cover and help to break, with hands or feet. |
| Let it go, let it goI am one with the wind and skyLet it go, let it goYou'll never see me cry! | Raise arms and move in circle away from centre and then back again.Wheelchair, move chair slowly away and then back facing centre. |
| Here I standAnd here I'll stayLet the storm rage on! | Swirl white fabric flag around child. |
| My power flurries through the air into the groundMy soul is spiraling in frozen fractals all aroundAnd one thought crystallizes like an icy blastI'm never going back,The past is in the past! | Hold stick with hanging shiny objects and shine torch on them. |
| Let it go, let it goAnd I'll rise like the break of dawnLet it go, let it goThat perfect girl is gone! | Raise arms and move in circle away from centre and then back again.Wheelchair, move chair slowly away and then back facing centre. |
| Here I standIn the light of dayLet the storm rage on,The cold never bothered me anyway! | Slowly raise lighting level to full light…if not possible, hold torch overhead so child is lit from above. |