

# BRICKIE CONNECTIONS

## BRICKIE CONNECTIONS #22: Forgive Freely

“Forgiveness is like letting go of a balloon. It might feel hard at first, but then you feel lighter and happier.”

Write down the name of a person or situation you wish to forgive and move on from.

---

---

---

Take a moment to reflect on the perceived wrong and remember how it made you feel. Consider what you have learned from this event.

---

---

---

Next, forgive and let go of the situation.

Write on the trash can and throw it away.

Write or draw on the balloon to let go of the situation.

