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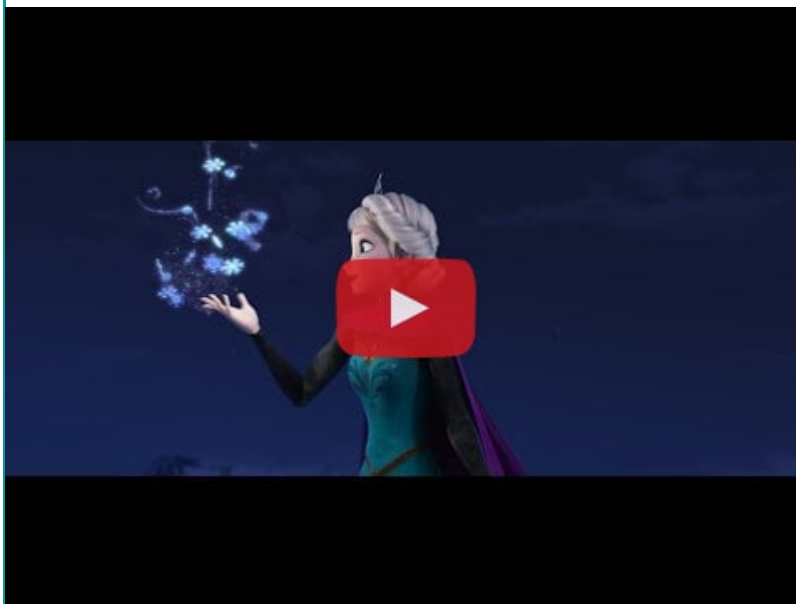


Welcome
Change
Productions

TRUSTED SOURCE

presents

"Let It Go"



Let it go
The cold never bothered me anyway
Let it go, let it go
And I'll rise like the break of dawn
Let it go, let it go
That perfect girl is gone
Here I stand in the light of day
Let the storm rage on

The Disney film Frozen is one of the greatest box office successes in history and it owes a lot of its success to the

hit song "Let It Go" sung by Idina Menzel.

Many groups have found significance in "Let It Go" on a personal level. They identified with the tale of a queen in hiding, who learns to shed her shame and accept the things that make her different. There is one group for whom the song has truly resonated: people with disabilities.

The songwriters said they weren't specifically writing a disability anthem (though writer Kristen Anderson-Lopez has a brother who is on the autism spectrum), but an anthem about the pressure to be perfect.

And that's the power of "Let It Go": It's an anthem for people taking pride in who they are, the way they are. According to an article on NPR, Kristen Anderson-Lopez said, "I think anyone who's carrying a secret shame that gets so heavy that they really can't carry it anymore, is identifying with this idea of just shedding that and starting anew. Letting it out, letting it all explode and trying to find your way forward."

Here are three videos from Youtube that show how this phenomenon has spread



It's so refreshing to see how engaged the audience is with the song.



This lovely rendition speaks for itself. Obviously talented and in a professional situation, this young man plays with real expression.



This shows the dedication, patience, and pleasure of singing and performing with kids with autism and how important volunteering is.

There is so much exciting and well-made media about disability. The challenge is knowing where to find it, and how to use it.

Trusted Source is a monthly media recommendation that you can use in your trainings and classrooms, and that you can share with your networks. We hope you find these pieces as insightful and revealing as we do.

Visit welcomechange.org for more info, and follow us on social media below!

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