### Making goodbyes easier

Saying goodbye can be hard for all of us. Whatever the situation or the feelings involved, it can really help to consider how to manage these 'endings' that we face. The following tips have been written with a child in mind who is leaving a school, but could be equally useful for you or your colleagues in school.



### Validate the child's feelings

1

Try to find some time to talk about how the child or children are feeling. This could be done in circle time or tutor/coaching sessions. There are no right or wrong feelings and it is likely that most children will have mixed emotions about saying goodbye and this is entirely understandable. Finding ways to help children to express themselves with a broad range of vocabulary is really useful.

### Make time to reflect

2

Give the child or children opportunities to explore what school has been like for them. What have been the highs/lows? It's good for them to be able to articulate parts that haven't been easy as well as celebrating the more positive elements. If you want to record any of these thoughts, postcards are a good way of capturing highlights.

3

### Identify strategies that help

Help the child or children to think of things that cheer them up or help them cope in a situation. Check out our 'What Keeps Us Going' activity and adapt it for your class/group.

### Recognise the support



Despite things changing, lots of elements of a child's life, including lots of their relationships will stay the same. Being able to identify all those people around them who support them can bring a real sense of being held to child. Check out our activity Who supports me?

### Think ahead



As well as reflecting on the past and being able to consider how they are feeling in the moment, it is important to help children develop hope and a sense of excitement in the future. Finding positive things that they can look forward to will help to ground them and understand that their feeling about the present situation will change too.

## Choose health

what makes them grumpy, hyper, disconnected Know what affects your child

## Work together



- Shure ideas of create action plans
- have a problem-
- enjoy achievements solving approach

- Share ideas about how to:
- show them that we can all get things

- be forward-looking

Be wise

## Be calm

## Try to stay calm whilst your child is feeling distressed Your child may show

Be involved, find out more and talk about

Get learning

- highs and lows blame self-cen

- self-centredness

## Move on up

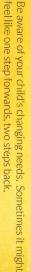
- The small things you do make all the diff
- checking, sharing, suggesting, encouraging hugging, sympathising, smiling, reassuring Keep talking, texting, listening, hearing,

respecting

Have fun

## Encourage independence

- help them to move positively from child identity towards
- increase their responsibilities
- be positive whenever they act maturely





## Be the anchor

# As they discover new things, try to: $(\bigcirc)$

- familiar

family

constant

In times of change you are

- comforting

# Support yourself, to best support your child-

Look after yourself

- tomorrow is a new

# Ten Ways for parents to help children cope with change





