

Lesson Four: Goodbye to People, Places and Things

Objective:

Help students identify and navigate the impact of moving on relationships, fostering healthy goodbyes. Encourage thoughtful communication with people in their current and future spaces. Explore farewelling people, saying goodbye to special places, and addressing belongings left behind.

Duration: 30 minutes

Materials: *Moving Forward Together*, drawing/writing materials



Tuning In (5 minutes)

Welcome and Icebreaker

- Greet the students warmly and create a positive atmosphere.
- Use a quick icebreaker activity to engage students and set a collaborative tone.

Overview of the Session

- Briefly explain the purpose: to explore and express feelings about relationships, special places, and belongings affected by the move.
- Emphasize the importance of healthy goodbyes through communication.

Activities (20 minutes)

Activity 1: "You Care About People - and It's Time to Tell Them!" (Page 16)

- Ask students to think about the person or people they think about when they consider the move ahead.
- Use the special postcard template to write a message for that person.

Note: You can download the postcard template from www.movingforwardkids.com if you would like to print more of these.

- Encourage students to continue onto page 16 and make a list of other special people that they would like to intentionally connect with before they leave.
- Where appropriate, students consider expressing appreciation for local connections like housekeepers, coaches or drivers. Encourage making cards, letters, or giving small personal gifts to show gratitude.

Activity 2: "Saying Goodbye to Places"

- Discuss the concept that leaving means not returning to familiar places, at least for a while.
- Describe the benefits of creating special memories of favorite places and spaces, and after completing page 18, indicate to your students that they will need to show this list to their parents in order to be able to visit some of these locations before they leave.
- Students can draw or add a photo of some of their favorite places on page 19.

Bridging Activity:

- Flip to page 25 and ask students to think about either leaving something in a special place or giving a gift to a special person as a way to wrap up these first two sections of the session.

Activity 3: "You Can't Take It All With You" (pages 20 & 21)

- Discuss how moving may involve leaving some personal possessions behind.
- Highlight the idea that children may be asked to donate items or leave toys behind, and as students discuss this, ask them to draw and write on page 20.

Conclusion (5 minutes)

Sharing Circle

- Ask students to pick some action items that they would like to do at home after this session.

Recap and Closing Thoughts

- Summarize key points from the session.
- Reinforce the importance of healthy goodbyes and looking forward to the future.



Homework Assignment

- Let students know that in the upcoming session we will be working on an 'arrival plan'. Ask students to look ahead at pages 28 and 29 and bring these completed pages to their next session.

Closing Remarks

- Encourage ongoing communication with family and friends about the move, and activating caregivers at home to help students with many of the action items discussed today (gift giving, card writing, visiting places etc.).