

DESIGNED TO HELP FACILITATE DISCUSSION WITH YOUR FAMILY

Saying Goodbye

Talk about the challenges of saying goodbye.
It can be hard. You may feel sad or mad. You may not feel like eating. How does saying goodbye make you feel?
Eventually you start to feel better. You will start to remember the fun you had. (Share a fun memory)
You will still have your good days and bad days. You may want to talk about it or write/draw about it.
Try to remember the happy times you shared together.

JUNE 2020 Saying goodbye

SUMMER FUN BOOK

Using supplies you have around the house (paper, folders, paper bag, etc) make a summer fun book. Bind the materials together using a stapler, twine, yarn or whatever you can find that works. Throughout the summer help your child write or draw pictures of favorite activities or memories. At the end of the summer read the book and reminisce about the fun you have had.

BILLY'S BOOK CORNER



A story about saying goodbye and how to say goodbye. This book discusses life as well as loss.



Table Talk

When everyone is around the table. let each person share there favorite was to say goodbye. Bye for now, See ya, with a hug, etc. Does anyone know how to say goodbye in another language? After everyone has shared their favorites. share these fun and clever ways to say goodbye. You may know some even better ways than these. Have fun!

15 CLEVER WAYS TO SAY "GOODBYE"

SEE YOU LATER, ALLIGATOR. AFTER A WHILE, CROCODILE. GOTTA' GO, BUFFALO. SEE YOU SOON, RACCOON. BYE BYE, BUTTERFLY. TAKE CARE, POLAR BEAR. OUT TO DOOR, DINOSAUR. ADIOS, HIPPOS. GIVE A HUG, LADYBUG. CHOP CHOP, LOLLIPOP. BLOW A KISS, GOLDFISH. BE SWEET, PARAKEET. TOOTLE-LOO, KANGAROO. CAN'T STAY, BLUE JAY. TIME TO SCOOT, LITTLE NEWT.

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