

## SEL Extensions

### How to say (and feel) “Goodbye”

Dear 3rd, 4th, and 5th graders,

Oh my goodness! It’s almost summer break! Wahoo!!!

Thank you for journeying with us through all of these online SEL lessons. It’s been such a new experience for us, and we can’t even imagine what all of this has felt like to you. But here we are, it’s the last week of school, and we are connected through video, the internet, and the good relationships that we had built before the school building had to close.

This document is filled with choices for you to consider as a follow-up to the video that you have watched (or will watch). **Feel free to do whatever works for you.** What are your choices?

- Do all of the choices
- Do some of the choices
- Do none of the choices

We love you. We miss you. And we look forward to seeing you again.

Ms. Megan & Mr. Trevor

ps. We have LOVED hearing from you! Thanks for all of the emails, texts, photos, comments, and stories. If you haven’t contacted us yet, it’s not too late. You are welcome to stay in touch all summer long.

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## Mindfulness Moment

### Superhero Poses

Superman - feet shoulder width apart, and stretch your hands to the sky ... hold it, hold it ... higher ... hold it ...

Wonder Woman - feet shoulder width apart, hands (or fists) on your hips ... be strong, feel strong, look strong, smell strong (okay, maybe not that one!) ... hold it for awhile, and feel the power!

Spiderman - use your "Spidey Senses" to be mindful (that means *pay attention*) ... take a few minutes to SEE as much as you can, things that you normally don't notice ... now HEAR sounds that you typically miss ... FEEL, pay attention to how your body feels, your clothing, your feet, etc. ... SMELL, do you notice any smells that you weren't aware of previously?

### Lesson Summary

Whether we like it or not, goodbyes are a part of every relationship we will ever have. A healthy goodbye allows for reflection, closure, processing of both easy and hard emotions, and creates space for each person to form new relationships and attachments. This topic can often cross into talking about the death of loved ones. It is helpful for children that we acknowledge that when someone dies we have to say goodbye too and that it's difficult. When goodbyes include grief and loss, we can practice allowing ourselves to feel our emotions fully and without judgment. While every goodbye will look different, here are some basic principles of healthy goodbyes:

- Notice your emotions and know they are okay.
- Speak from your heart.
- Share good memories you created together.
- Say goodbye, and if you want, make plans to connect again.

### Key Term

Healthy Goodbye: A goodbye that fulfills the emotional needs of those involved and offers closure. Generally speaking, if these criteria are met there is no "right" or "wrong" way to say goodbyes.

## Activities

- Option 1: Cultural Goodbyes

Help your student choose another culture that they are interested in learning about. Working together, research how people in this culture say goodbye. How is it different, or the same as when you say goodbye?

- Option 2: Create Your Own Family Goodbye

Create a goodbye ritual that you can practice as a family. This could be as simple as a hug and a kiss, or could involve a special phrase, handshake, or gesture. When practiced regularly, such rituals can support children in feeling safe and connected even when apart.

## Journaling Ideas

- 1) Why are goodbyes important?
- 2) How does it feel to say goodbye?
- 3) What was easy/hard about saying goodbye?
- 4) What are some other ways you can say goodbye?
- 5) How does your family say goodbye?
- 6) How does it feel to say goodbye to someone special.

What does it feel like when you say goodbye to someone? Think about the different emotions you might feel ...

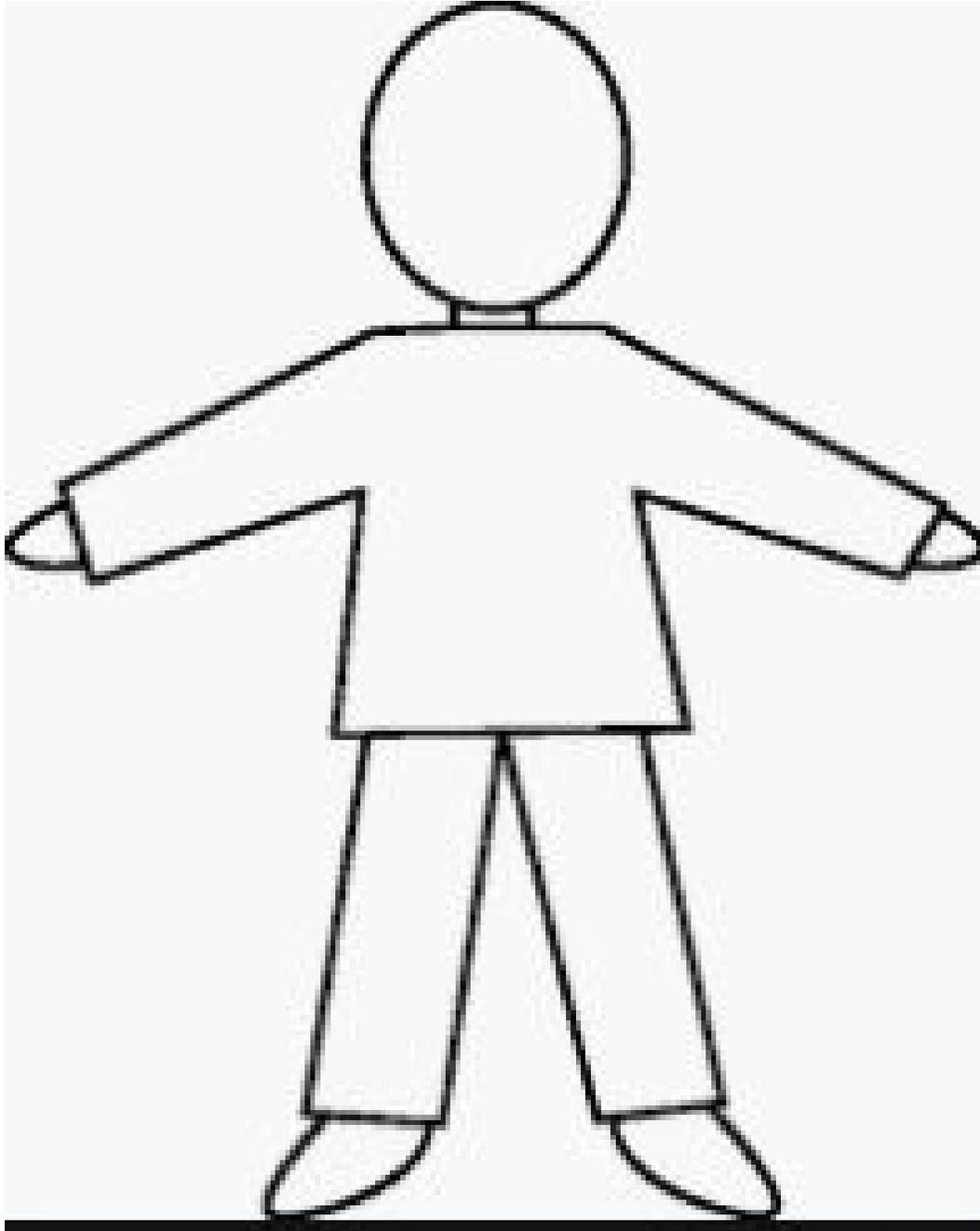
Where do you feel them?

What do they look like?

Do we get a lump in our throat?

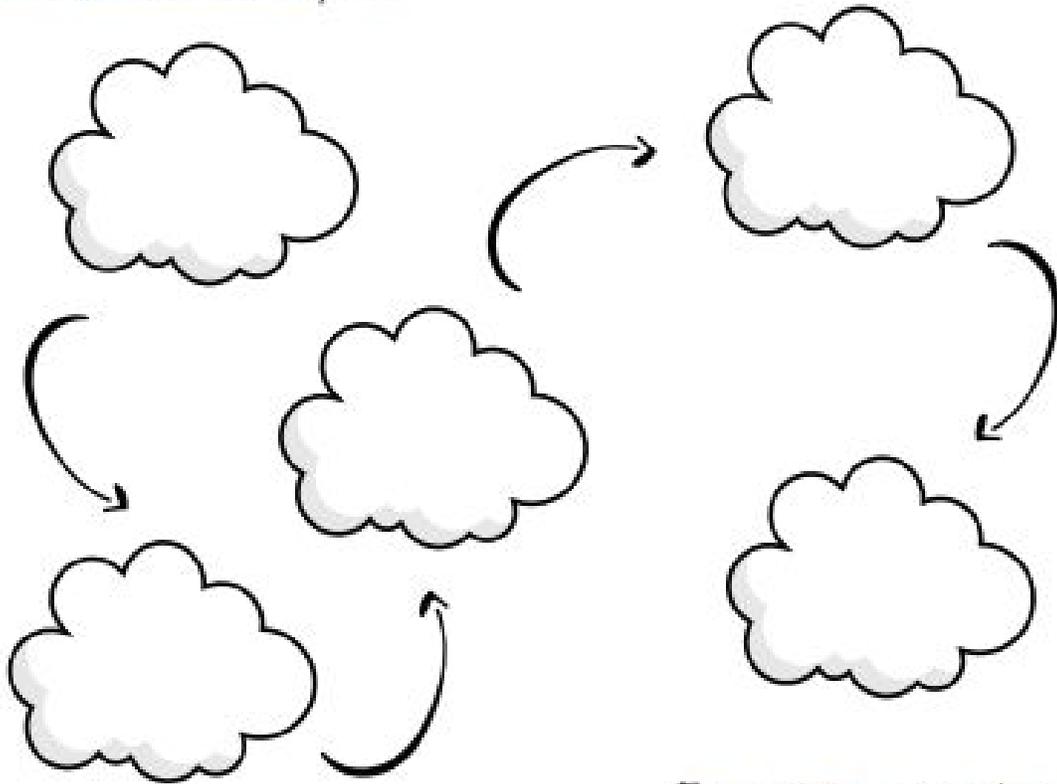
How would you describe those feelings to someone younger than you?

Take a few minutes and fill out a special body map specifically for goodbyes.



## Memory Map

**Start of the school year**



**End of the school year**

## Closing Reflection

Imagine saying goodbye to someone you care about. Maybe it's a friend from your class or your teacher. Using what you have learned about healthy goodbyes, describe how you would say goodbye to them. What would you say or do?

## Student Resources

- A Terrible Thing Happened by Margaret M. Holmes
- Bridge to Terabithia by Katherine Paterson
- Charlotte's Web by E.B. White
- Ira Says Goodbye by Bernard Waber
- My Best Friend Moved Away by Nancy L. Carlson
- Sounder by William H. Armstrong
- The Big Wave by Pearl S. Buck
- Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies by Janis Silverman
- Lifetimes: The Beautiful Way to Explain Death to Children by Bryan Mellonie
- Memories Matter: Activities for Grieving Children & Teens by The Dougy Center

## Adult Resources

[5 Ways of saying "Goodbye"](#)  
[Creating Healthy Goodbyes](#)  
[Saying Goodbye](#)