My Goodbye Plan

Goodbyes can feel big. A plan helps my body and brain feel braver.

Name: _____ **Date:** _____

1 My feeling and my body clues
How do goodbyes feel? How big is it?

I feel: _____

How big (0 to 10): 0 1 2 3 4 5 6 7 8 9 10

- ☐ Tummy ache or butterflies
- ☐ Lump in my throat
- ☐ Fast heart
- ☐ Tears
- ☐ Want to hold on tight
- ☐ Wobbly legs

2 What my worry says
Write it or draw it

What if...

3 My brave thought
True, kind and short. Say it inside

My brave thought: _____

Ideas: My grown up always comes back. I can do hard things. This feeling will pass.

4 Our goodbye routine
Short and the same every time. No sneaking out

- ☐ Big hug
- ☐ Special handshake
- ☐ High five or kiss
- ☐ Say our goodbye words

Our goodbye words: _____

5 While we are apart
Where my grown up is and when they come back

My grown up will be: _____

They come back (after...): _____

My helper here is: _____

6 My comfort object
Something small to hold or keep in my pocket

Draw it or write it

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My Brave Apart Ladder

Being apart gets easier with practice, one small step at a time.

Name: _____ **Date:** _____

1 My brave goal
The goodbye I want to be braver about

My brave goal: _____

2 My brave apart ladder
Start at the bottom: short and easy first

		Worry 0 to 10	I did it!
5	Step 5 (my brave goal)		☐
4	Step 4		☐
3	Step 3		☐
2	Step 2		☐
1	Step 1 (shortest, easiest)		☐

3 My coping tools
Tick the ones I will use while we are apart

- ☐ Slow belly breaths
- ☐ Hold my comfort object
- ☐ Say my brave thought
- ☐ Name 5 things I can see
- ☐ Do my first job or game
- ☐ Find my helper

4 Our reunion celebration
When we are back together, we celebrate brave

When we meet again we: _____

5 What I learned
After my brave step

Worry said would happen: _____

What really happened: _____

6 For the grown up helper
How to help without taking over

Keep goodbyes short, warm and confident. Always say goodbye, and come back exactly when you said.
Practice a step until the worry number drops, then move up. Go back down if a step is too big.
Get help from a doctor, school counselor or therapist if fears last weeks or stop school or sleep.
In the US, call or text 988 in a mental health crisis. In an emergency, call 911.

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