



Why are Healthy Goodbyes Important?

Most children in the Playspace have had a lot of inconsistency and instability in their lives. Healthy Goodbyes facilitate a positive transition for the children, and help develop resiliency. Healthy Goodbyes help the children prepare mentally and emotionally for your absence and the closure of playspace.

What should I say?

Plan to tell the children you will be leaving 1-2 weeks before your last shift. This will give them time to process the change. Focus on the positive, telling them how much you have enjoyed playing with them each week.

Important Reminders

We recommend you not share your personal information with children and families. This might create unhealthy relationship expectations.

Activity Ideas

- Make cards with hand prints
- Draw a picture of you and children together
- Make a list of all the fun things you've done together





We know these goodbyes can feel hard—for both kids and volunteers. You don't have to have the perfect words. What matters most is being honest, kind, and present. Below are some suggested phrases you can use to help children understand the upcoming changes and feel supported:

Sample Transition Timeline

Keep routines predictable — transitions are easier with structure.

"We're still here today and next week, but soon the playroom will be closing soon and we will say goodbye."

"There are only a few more playtimes before we say goodbye."

"We're going to keep playing and having fun together until then."

1 Week Away

Begin saying more intentional goodbyes:

"We'll see you one more time, and then we'll say goodbye."

"Next week will be our last time here. This week, we're still playing and having fun."

"We'll say a special goodbye next time — we're so glad we got to spend this time with you."

Last Day

On the last day, stay calm and caring, offer simple and honest goodbyes, and gently support whatever feelings come up.

"Today is our last play day in this room. We came to say goodbye and play one more time."

"It's okay to feel happy, sad, or both today — I'm here if you want to talk."

"We're saying goodbye today, and that can feel a little sad — that's okay."

"We've loved playing with you — building, dancing, reading, and giggling. We're so glad we got to spend this time together."