

My Daily Helper

Pink Bunny & Friends

Saying Goodbye to Someone I Will Miss



**A Social Story About
Caring for My Feelings When Someone Moves Away**

I Learn My Friend Is Leaving



Sometimes a friend, teacher, neighbor, or family member moves far away.

Ask Together

What could you do during this step?



I Feel Sad



Missing someone can feel heavy, lonely, confusing, or different each day.

Ask Together

What could help with this feeling?





A trusted person can listen and help me understand what will change.

Ask Together

What could you do during this step?



I Make a Memory



I may make a card, picture, photo book, or small keepsake.

Ask Together

What could you do during this step?



We Share a Final Activity



We spend time together doing something comfortable before the move.

Ask Together

What could you do during this step?



I Say Goodbye My Way



I may hug with permission, wave, speak, write, or communicate another way.

Ask Together

What words, pictures, or gestures could you use?



My Friend Leaves



I watch them go or follow my own goodbye plan with support.

Ask Together

What could you do during this step?



I Let My Feelings Out



I can cry, rest, hold a comfort item, draw, or talk.

Ask Together

What could help with this feeling?



We May Stay Connected



With adult permission, we may call, send messages, or exchange letters.

Ask Together

What could you do during this step?





The relationship and memories can matter even when the person lives far away.

Ask Together

What part of this story are you proud of?

