Our Goodbye Ritual

A Sample Goodbye Ritual to Try

Four short steps, done the exact same way every time — copy this one, or use it as a starting point.

For: _____

1

Say It

One phrase, every time

"See you after snack time!"

2

Do It

One special move, every time

Big hug + our secret handshake

3

Hand Off

Pass them to their grown-up

Give to teacher or caregiver

4

Go

Leave — don't come back to check in

Walk away, and keep walking

Keep it short, keep it the same every time — that's what makes it work.