

Your Feelings Matter Too

Supporting yourself while supporting your child

Your child's school may be part of your family's story

You may have relationships with staff, family traditions, memories, or a strong connection to the school community. A closure or change can feel like a loss for adults, too.



You may be feeling

Sad or disappointed • Angry or frustrated • Worried about what comes next • Relieved or hopeful • Unsure • Several feelings at once

Your feelings can affect the conversation

Children notice our tone, body language, and reactions. You do not have to hide your feelings. Share them in a way that helps your child feel supported instead of responsible for comforting you.

Ways to care for yourself

Name what you feel Recognizing your feelings can help you choose how and when to discuss them.	Talk with other adults Share stronger reactions with a trusted adult away from your child.
Pause when you need to Give yourself time before responding to difficult news or questions.	Keep family routines Familiar routines can help both adults and children feel steadier.
Model healthy coping Let your child see you ask questions, seek support, and care for yourself.	Ask for support Reach out to Student Services or a community provider if stress feels overwhelming.

Try saying

“I feel sad, too, because this school is important to our family. You do not need to take care of my feelings. The adults in your life will help you through this change.”

You do not have to feel positive about every part of the change to help your child feel safe and supported.

My Feelings About My School Changing

Draw circle or write your answers

Name: _____

Date: _____



How do you feel when you think about your school changing?

- ☐ Sad ☐ Worried
☐ Angry ☐ Confused
☐ Excited ☐ Okay
☐ Curious ☐ Something else: _____

When I think about the change, I think...

One thing I will miss is...

A question I have is...

An adult who can help me is...

Something that might help me feel ready is...

Something I might look forward to is...

Draw a picture of something you want adults to know

All of my feelings are okay. I can ask for help when I need it.

Saying Goodbye to My School

A memory activity for children and families

Saying goodbye can help us remember what mattered and prepare for what comes next.



My school: _____

My favorite school memory _____ _____ _____	A person who made my school special _____ _____ _____
A place activity or tradition I want to remember _____ _____ _____	Something I am proud of from my time here _____ _____ _____

Choose a way to say goodbye

☐ Make a memory book	☐ Write a letter or draw a picture
☐ Take a special photo	☐ Visit a favorite place at school
☐ Share a favorite story	☐ Stay connected when appropriate

My message to my school

My school will always be part of my story.