

# Hello and Goodbyes



## Introduction:

We know that children who have experienced trauma often thrive in environments that provide them with the security of routine and predictability. We also know that transitioning between activities or situations can be tricky. Marking transitions with clear signs and signals that are practiced regularly by all can be helpful.



## Purpose:

The following signs have been developed for professionals to use with younger children in settings like schools, kinders, or other locations that involve children visiting a professional. They set out a range of connecting gestures that children and adults could share when a child arrives and again when they leave the setting. These signs take into account our world post COVID coming along, where children and the adults in their lives that they don't live with, will need to engage with each other without touch for health and safety reasons.



## What to Do:

- Print out the signs and laminate them for longevity if you can.
- Affix the Welcome sign next to the entryway where you greet children. Stick the 'See you Later' sign next to the doorway the children leave from.
- Ensure the signs are stuck at an accessible level for the height of the children they are intended for.
- Encourage the child/ren you work with to point to one of the five suggestions that they prefer from the sign and greet each other with the gesture that the child points to. Be led by the child here.
- When it is time for the child to leave do a similar thing with the 'See you Later' sign. Encourage the child to point towards the goodbye gesture they prefer and do the action for each other.
- Repeating these rituals each time the child returns to the setting provides her/him with a transitional marker, with limited built in choice around what gesture they choose.



## Extension:

Individual children you work with might prefer to develop their own signature greeting and goodbye gesture that you share together.

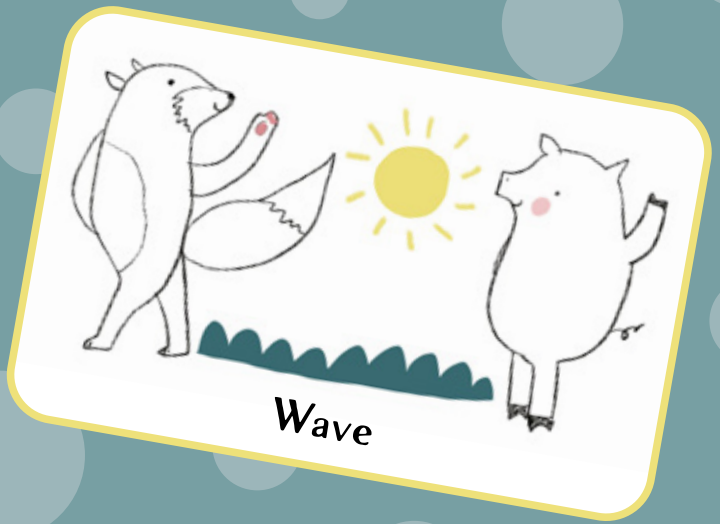
You might like to develop your own signs with the group of children you work with. Children could contribute ideas to gestures that they would like to share when they come and go from your setting.



# WELCOME

— Hello Ideas —





# SEE YOU LATER

— Good Bye Ideas —

