

# Saying goodbye in different social situations – Resources for learning and practicing “short goodbyes” and “long goodbyes”

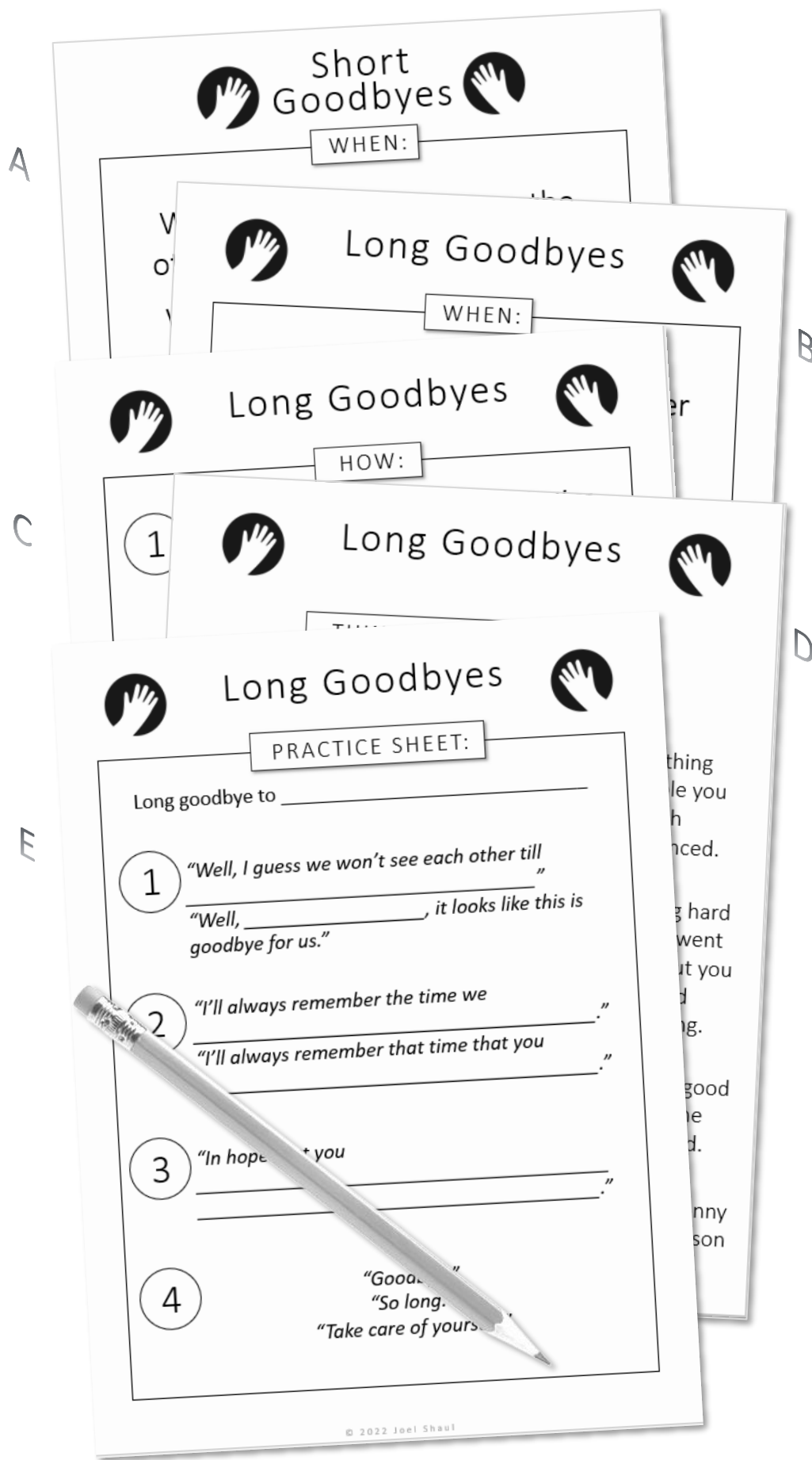
Young people with ASD often have difficulties with social conventions associated with beginning and ending social interactions. In my children’s book, [The Conversation Train](#), and in various [free social skills materials](#), I provide guidance on beginning and ending short conversations.

This set of materials provides basic guidelines and structured practice for “long goodbyes,” when people are not going to be seeing each other for a longer time, like at the end of a school year, when relatives leave after a holiday, or when a friend moves away.

## Suggestions

I suggest you work on “short goodbyes” first, using these free [Train Conversation](#) visuals in combination with sheet A.

For learning and practicing “long goodbyes,” [sheets B through E], I suggest you time this lesson to correspond with an appropriate occasion, such as the end of a school year, the end of a summer youth program, or the end of your own professional work with the child. You can print out the sheets, but in my own work, I would generally show them on a computer screen or smart board, especially if you have multiple participants. Sheet E can be used both as a written prompt for role play practice or as a worksheet to fill out.



Joel Shaul



# Short Goodbyes



## WHEN:

When you are going to see the other person later or tomorrow.

When you are going to see the other person in a few days or weeks.

## HOW:

1

*"I've got to go now."*

*"Dad's calling me."*

*"It's been nice talking to you."*

2

*"Goodbye."*

*"See you later."*

*"See you on Monday."*



# Long Goodbyes



## WHEN:

When you won't see each other  
for a long time.

When you might not  
see each other again.

## EXAMPLES:

The end of a school year.

When saying goodbye to relatives  
you won't see again for a while.

When saying goodbye to friends  
who are moving.

Any time you and the other person  
will be apart more than a month or so.



# Long Goodbyes



HOW:

1

*"I guess we won't we won't see each other for a long time."* [...till next year, etc.]

*"I wonder when we'll ever see each other again?"*

2

*"I'll always remember..."*

[Describe something fun, interesting or nice this person did, or something that you did with this person.]

3

*"I hope ..."*

*"...you have a good summer."*

*"...you enjoy your vacation."*

*"...we can stay in touch."*

*"...we see each other again sometime."*

4

*"Goodbye."*

*"Take care of yourself."*

*"So long."*

*"See you in the fall."*



# Long Goodbyes



THINK CAREFULLY WITH  
*"I'LL ALWAYS REMEMBER."*

Long Goodbyes

HOW:

- 1 *"I guess we won't we won't see each other for a long time."* [...till next year, etc.]  
*"I wonder when we'll ever see each other again?"*
- 2 *"I'll always remember..."*  
[Describe something fun, interesting or nice this person did, or something that you did with this person.]
- 3 *"I hope ..."*  
*"...you have a good summer."*  
*"...you enjoy your vacation."*  
*"...we can stay in touch."*  
*"...we see each other again sometime."*
- 4 *"Goodbye."*  
*"Take care of yourself."*  
*"So long."*  
*"See you in the fall."*

Something enjoyable you both experienced.

Something hard you both went through, but it's a good memory somehow.

Something good or kind the person did.

Something funny the other person said or did.



# Long Goodbyes



## PRACTICE SHEET:

Long goodbye to \_\_\_\_\_

1

*“Well, I guess we won’t see each other till \_\_\_\_\_”*

*“Well, \_\_\_\_\_, it looks like this is goodbye for us.”*

2

*“I’ll always remember the time we \_\_\_\_\_.”*

*“I’ll always remember that time that you \_\_\_\_\_.”*

3

*“In hope that you \_\_\_\_\_.”*

4

*“Goodbye.”*

*“So long.”*

*“Take care of yourself.”*