

Transition and Separation Support Cards

I AM
THINKING
ABOUT YOU.



WE WILL HAVE
A SPECIAL TIME
TOGETHER WHEN
YOU COME BACK.



I AM
THINKING
ABOUT YOU.



YOU ARE ALWAYS
IN MY HEART, NO
MATTER WHERE I
AM.



YOU ARE ALWAYS
IN MY HEART,
NO MATTER
WHERE I AM.



IT'S OKAY
TO FEEL UPSET—
I'LL BE WITH YOU
AGAIN SOON.



WE WILL HAVE
A SPECIAL TIME
TOGETHER WHEN
YOU COME BACK.



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TO FEEL UPSET—
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YOU COME BACK.



YOU ARE ALWAYS
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NO MATTER
WHERE I AM.



IT'S OKAY
TO FEEL UPSET—
I'LL BE WITH YOU
AGAIN SOON.

YOU ARE
VERY SPECIAL
TO ME.



I AM LOOKING
FORWARD TO
SEEING YOU
SOON.



I'LL BE EXCITED
TO HEAR ALL ABOUT
WHAT YOU'VE BEEN
DOING WHEN
I SEE YOU.



I AM LOOKING
FORWARD TO
SEEING YOU
ON SUNDAY.



TRUST YOURSELF
-
YOU'VE
GOT THIS!



YOU ARE
AMAZING AND
SPECIAL—I THINK
ABOUT YOU
ALL THE TIME.



YOU ARE CONFIDENT
AND CAN ENJOY
THIS MOMENT
UNTIL I SEE YOU
AGAIN.



YOU ARE SO
CAPABLE AND CAN
HANDLE THIS TIME
APART.



I AM PROUD OF
HOW HARD YOU
ARE TRYING.



I AM
CHEERING YOU ON
EVERY STEP OF
THE WAY.

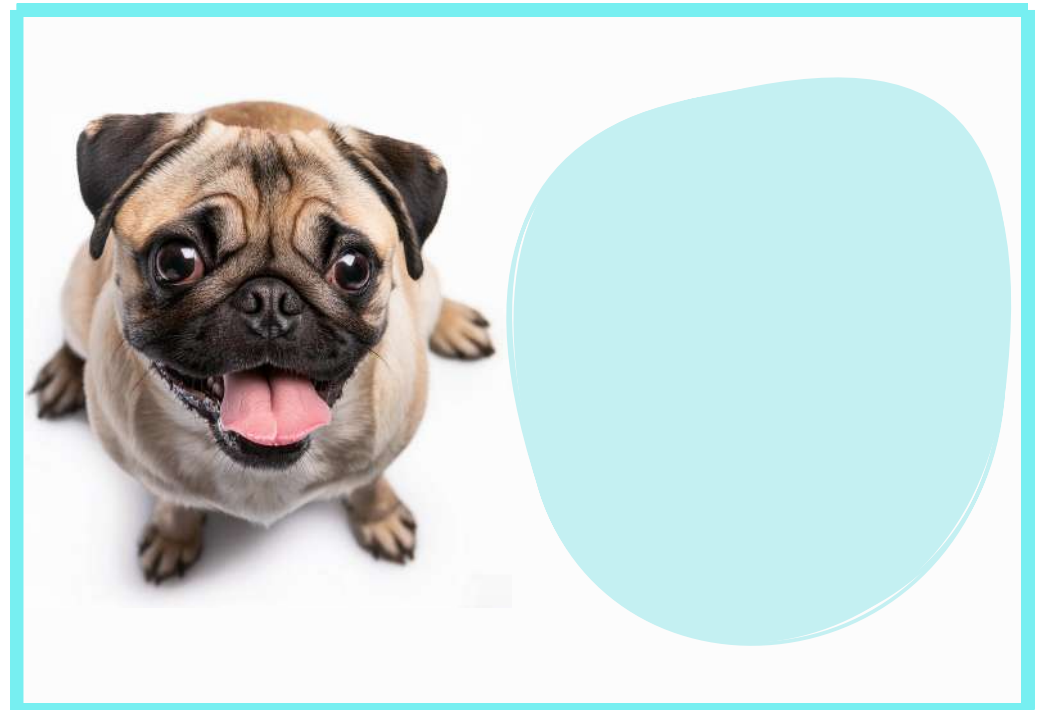
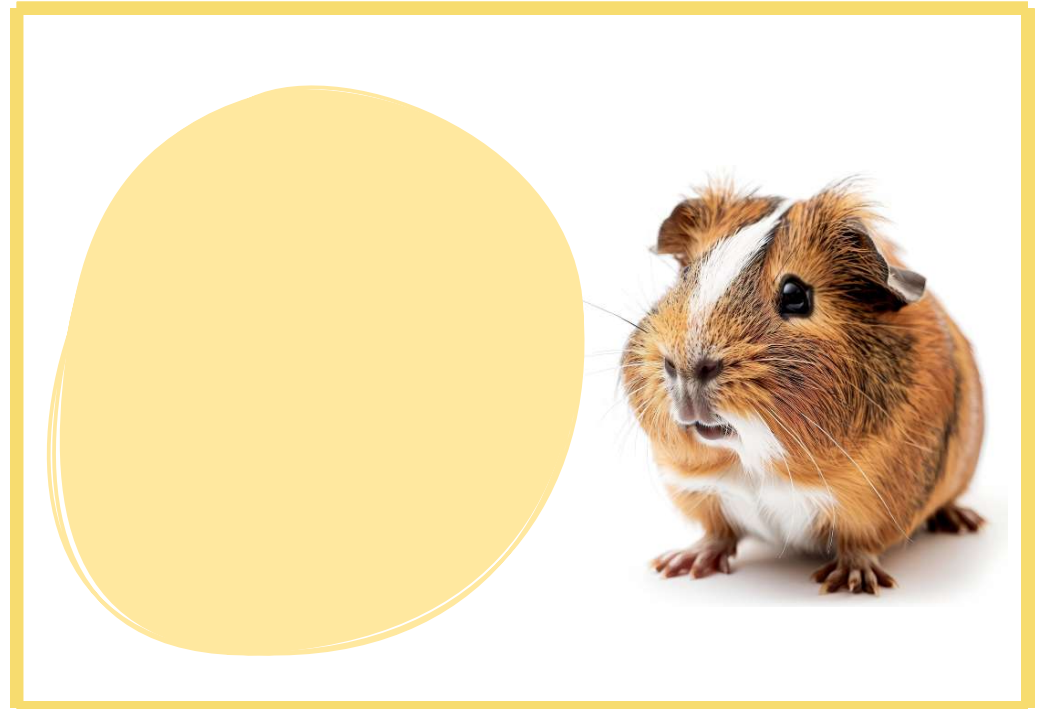
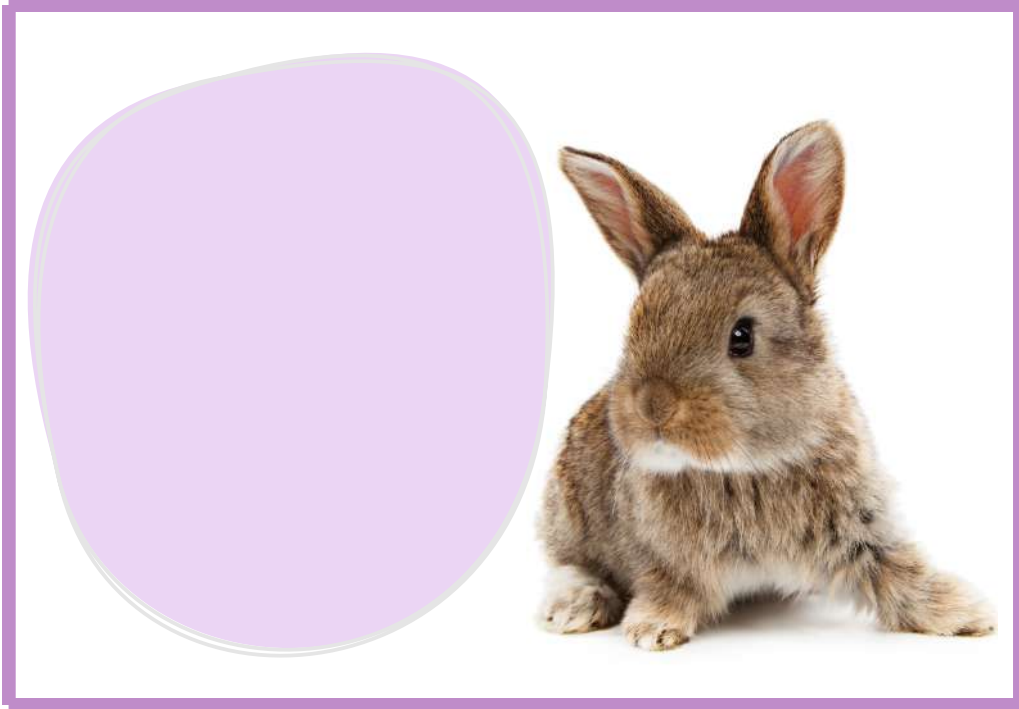


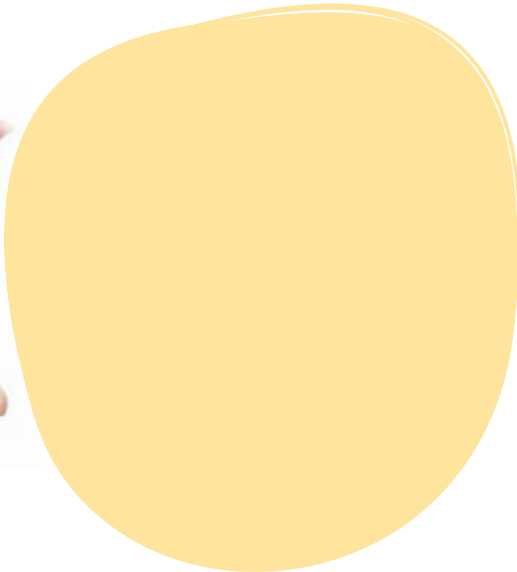
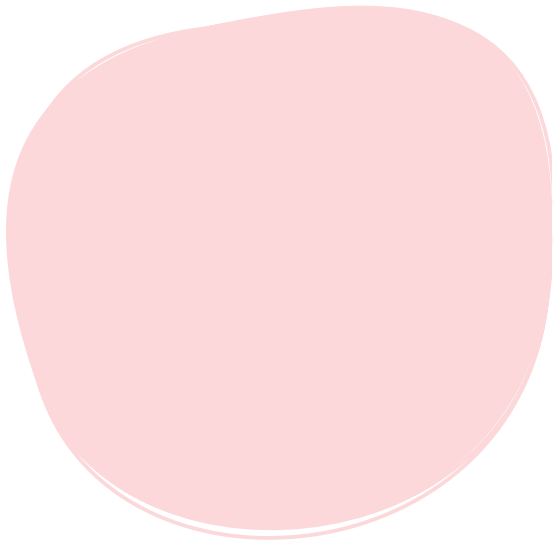
YOU ARE AMAZING
AND CAN
ACHIEVE
ANYTHING.

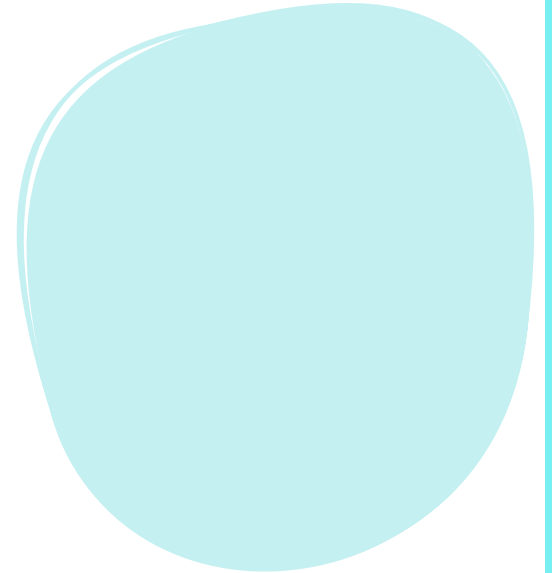
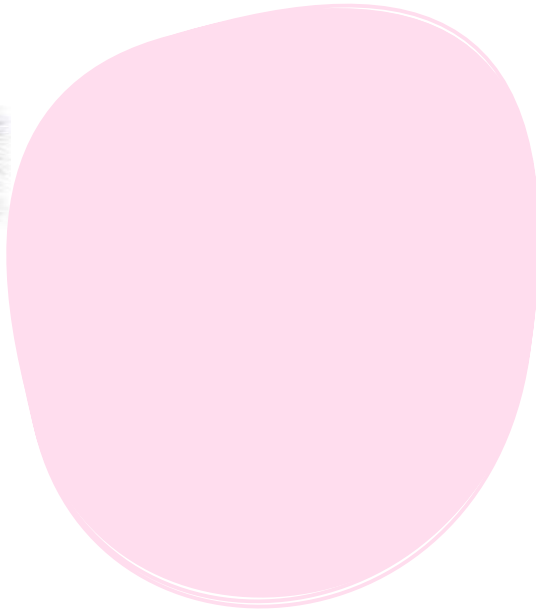
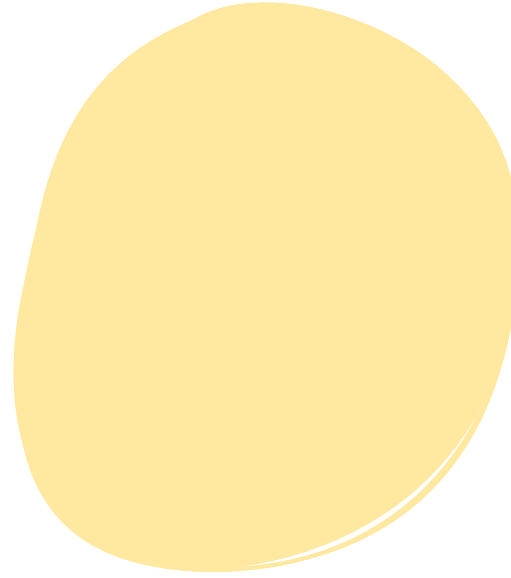


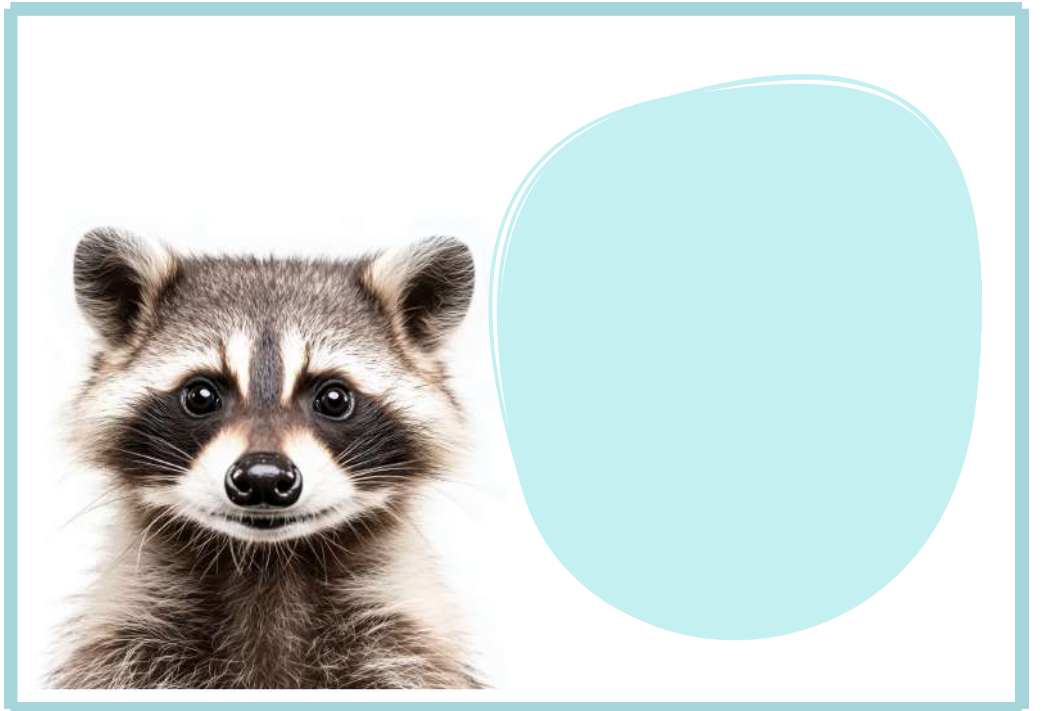
YOU ARE DOING
SO WELL —
KEEP GOING!











I AM
THINKING
ABOUT YOU.



YOU ARE ALWAYS
IN MY HEART,
NO MATTER
WHERE I AM.



WE WILL HAVE
A SPECIAL TIME
TOGETHER WHEN
YOU COME BACK.



IT'S OKAY
TO FEEL UPSET—
I'LL BE WITH YOU
AGAIN SOON.

YOU'VE GOT
THIS—
YOU ARE A
SUPERHERO
IN ACTION!



I AM THINKING
ABOUT MY
FAVOURITE
SUPERHERO RIGHT
NOW—YOU!



YOU ARE CONFIDENT
AND CAN ENJOY
THIS MOMENT
UNTIL I SEE YOU
AGAIN.



YOU WILL SMASH IT
TODAY—JUST LIKE
THE SUPERHERO
YOU ARE!

YOU ARE
VERY SPECIAL
TO ME.



I AM LOOKING
FORWARD TO
SEEING YOU
SOON.



YOU ARE GOING TO
ACE THIS MISSION—
I CANNOT WAIT TO
HEAR ALL ABOUT IT!



I AM LOOKING
FORWARD TO
SEEING YOU
ON SUNDAY.



I AM PROUD OF
HOW HARD YOU
ARE TRYING.



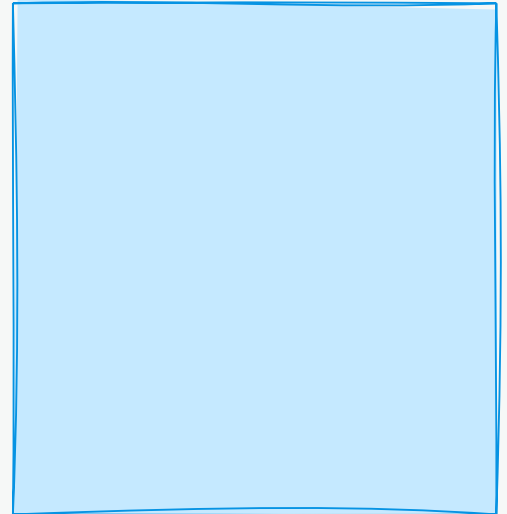
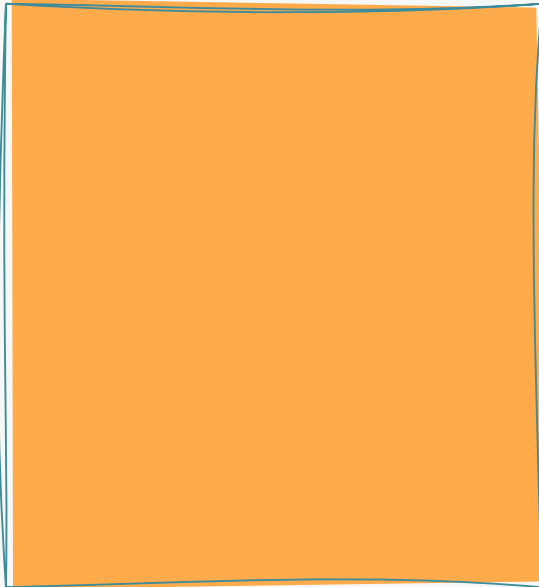
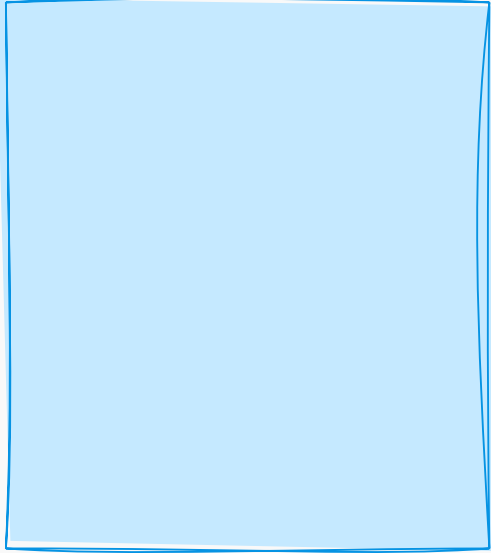
I AM
CHEERING YOU
ON EVERY STEP
OF THE WAY.

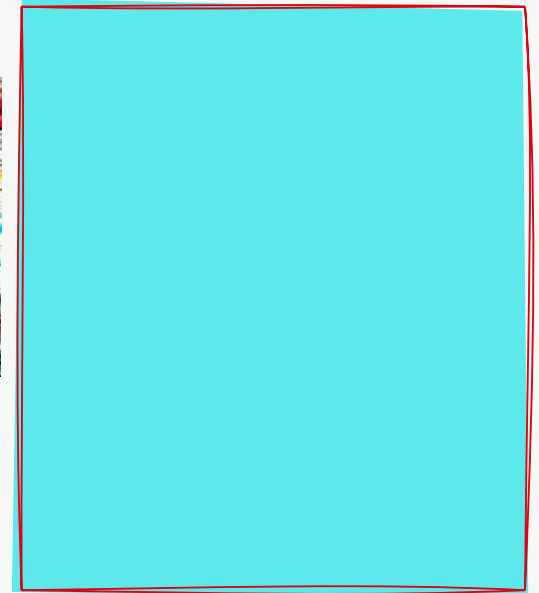
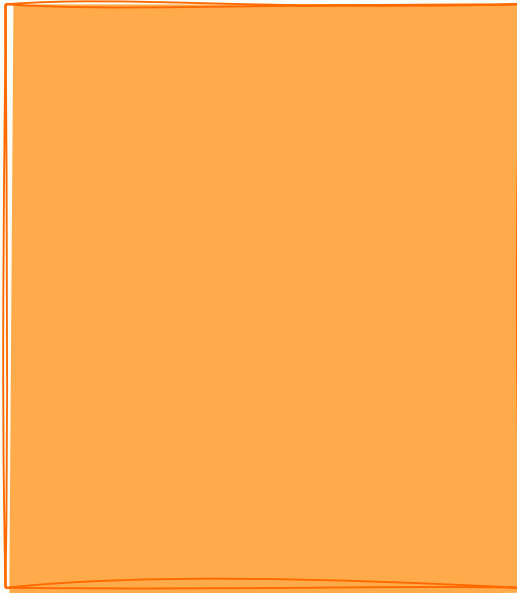
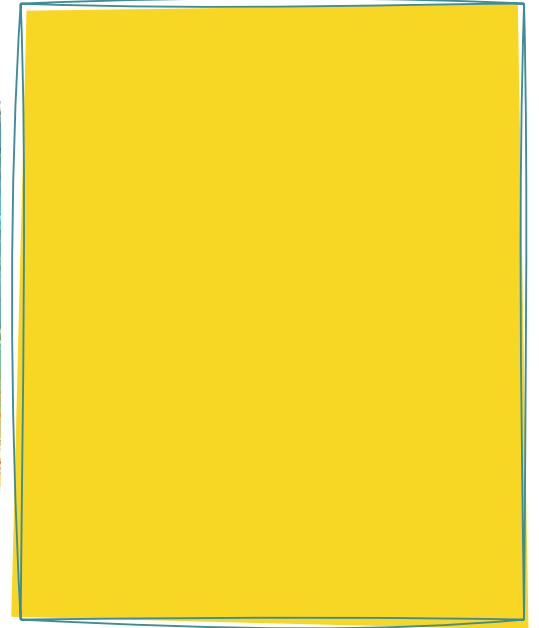
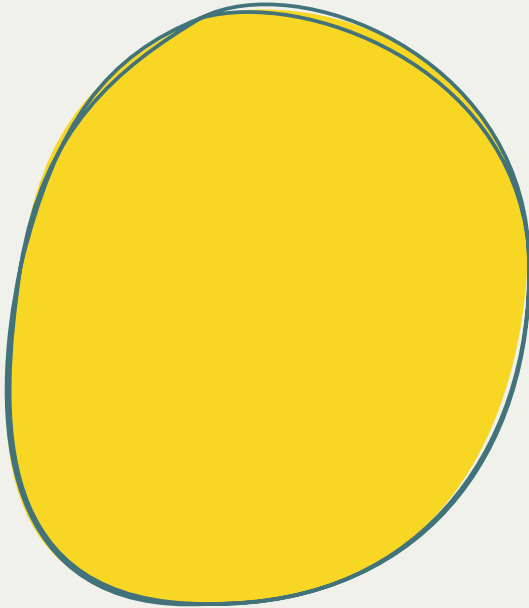


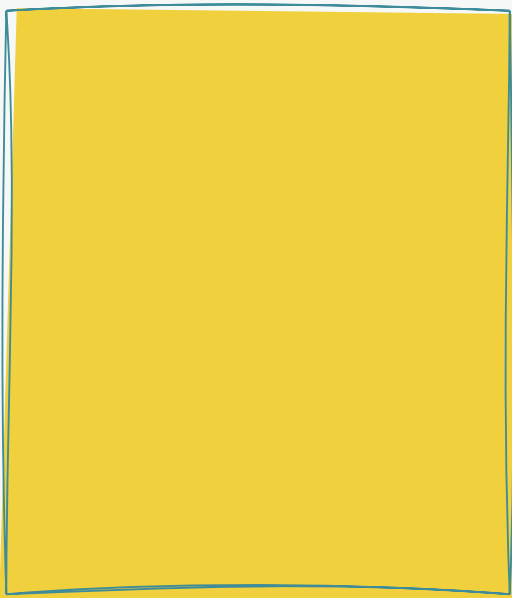
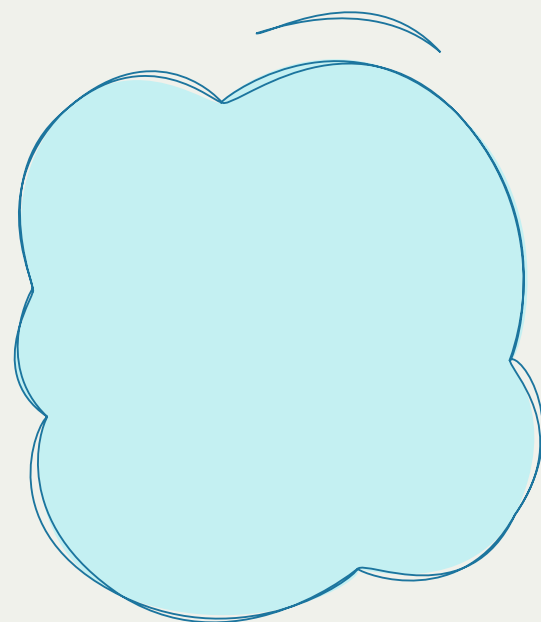
YOU HAVE
SUPERHERO POWERS
TO MAKE THIS DAY
FANTASTIC!

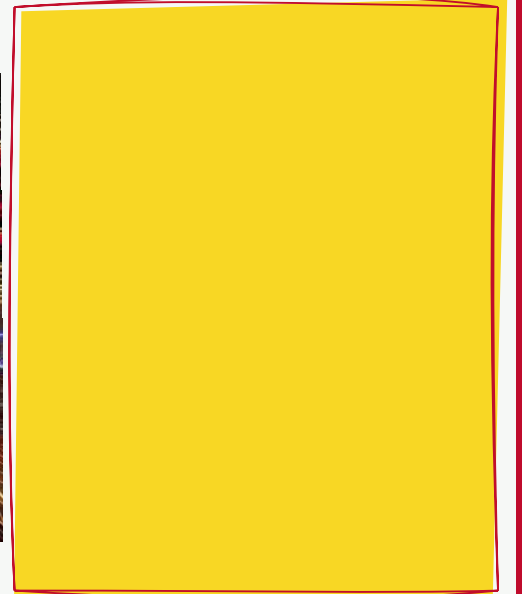
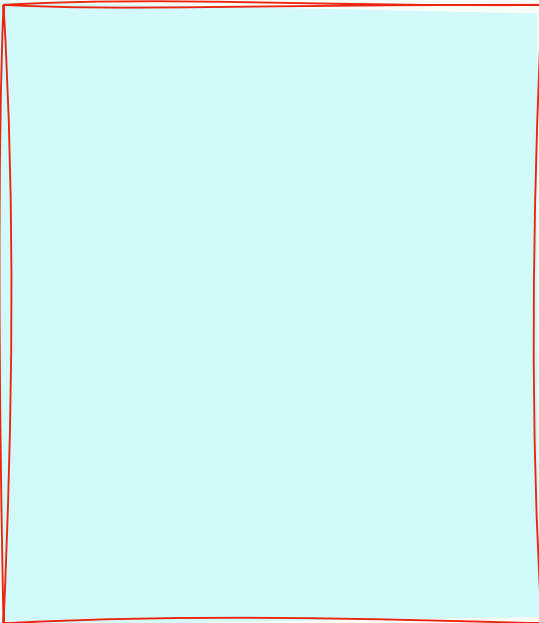
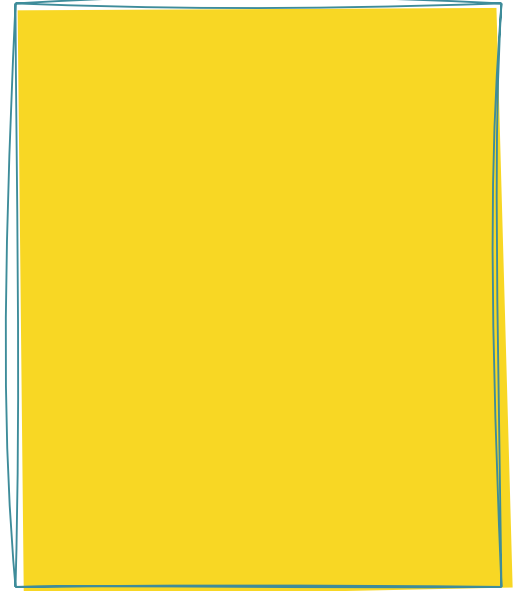
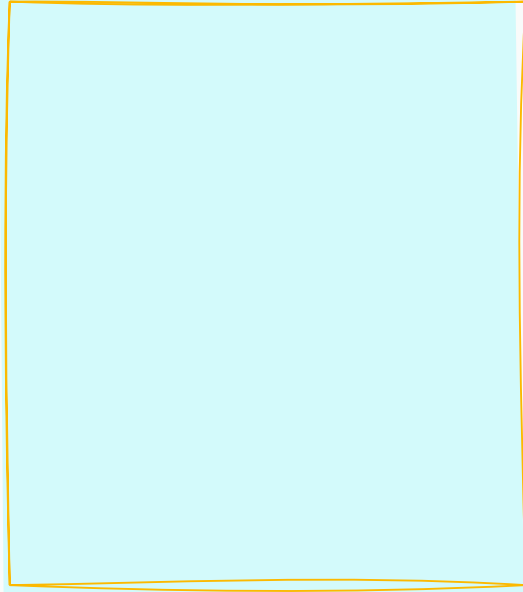


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SO WELL —
KEEP GOING!









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ABOUT YOU.



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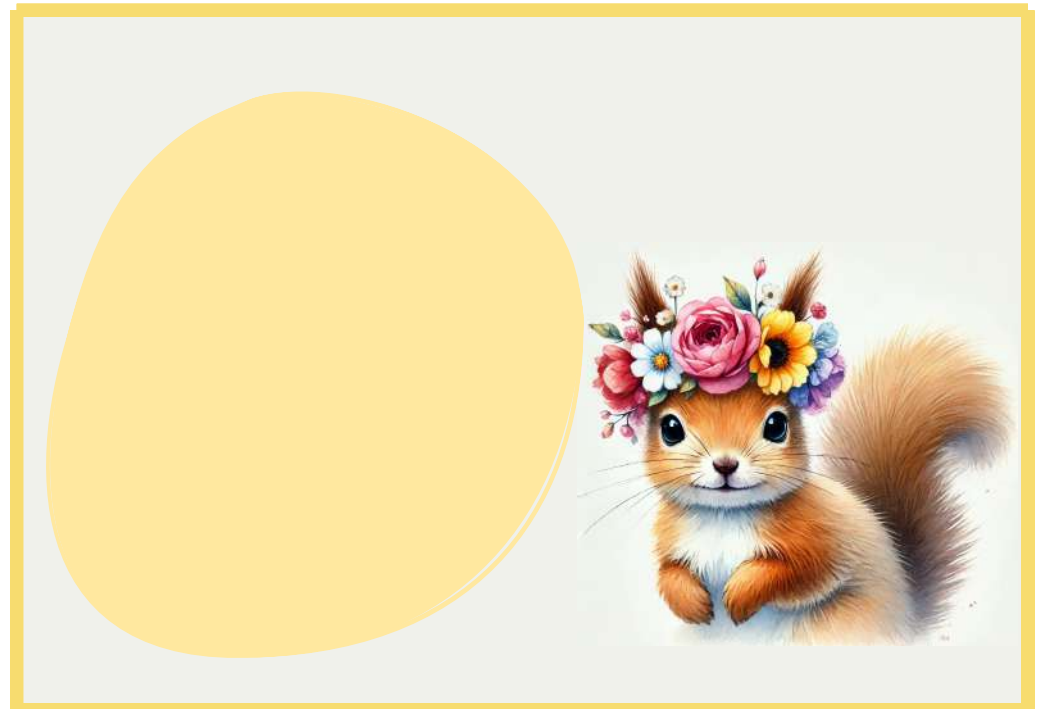


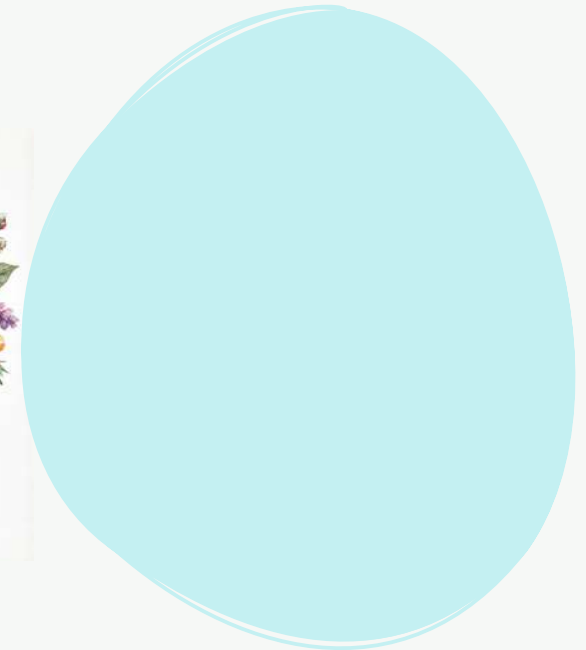
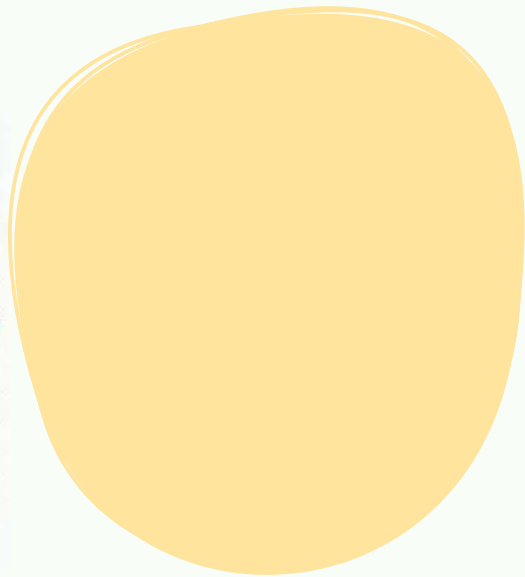
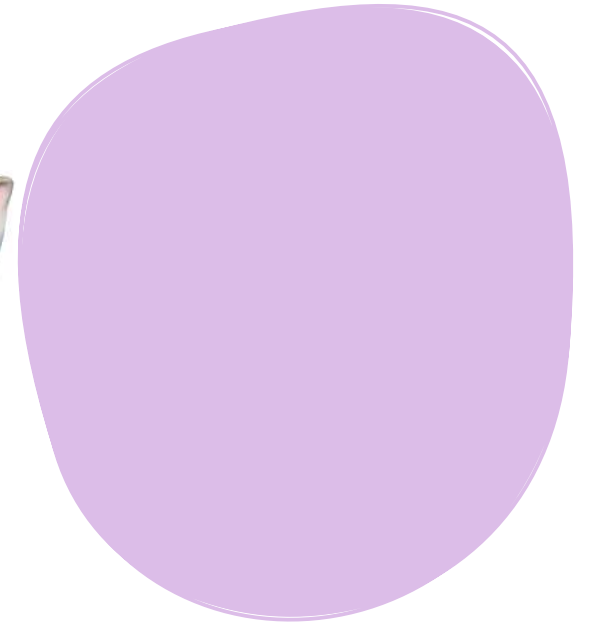
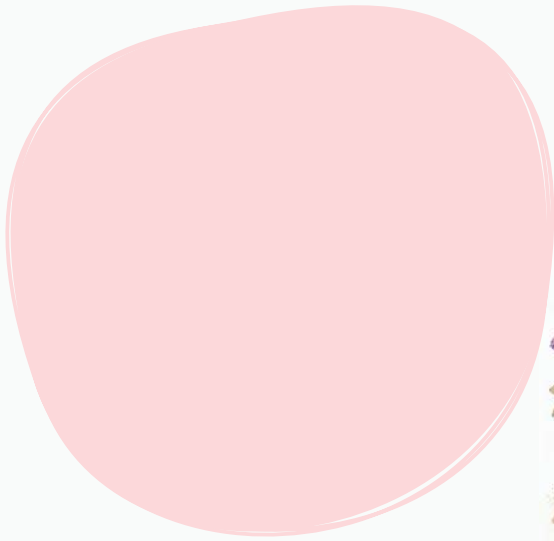
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See Our Websites for More **Free** Resources

1 www.socialworkerstoolbox.com

www.SocialWorkersToolbox.com

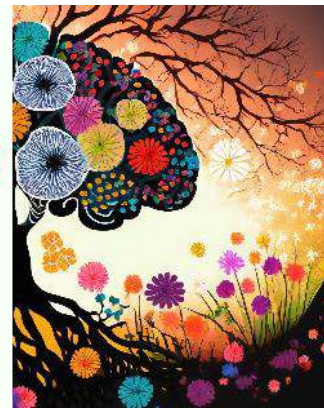
Free social work resources for direct work



2 www.anxietyhelpbox.com



www.AnxietyHelpBox.com
Free Anxiety Tools & Resources



3 www.feelingshelpbox.com

[www.FeelingsHelpBox.com](http://www FeelingsHelpBox.com)

Free Emotions & Feelings Resources



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About This Resource

This set of free encouragement and support cards is designed to help children feel reassured, valued, and confident during challenging times or periods of separation. Each card features simple and thoughtful messages that provide emotional comfort, build self-esteem, and foster a sense of connection. They are ideal for parents, foster carers, teachers, social workers, or anyone supporting children through transitions, changes, or emotional challenges.

How These Cards Can Be Used:

1. **During Times of Separation:** To reassure children that they are loved and remembered when apart from their caregiver.
2. **Before or After Challenging Events:** To boost confidence and provide encouragement before school, appointments, or significant transitions.
3. **As a Confidence Booster:** To help children believe in themselves and their abilities in everyday life.
4. **To Celebrate Efforts:** To acknowledge and praise a child's hard work or achievements.
5. **For Emotional Comfort:** To ease feelings of anxiety or sadness with kind, reassuring messages.
6. **In Foster Care, Transitional, or Adoptive Homes:** To maintain a sense of stability and connection for children adjusting to new environments or families.
7. **During Respite or Support Care:** To provide continuity and reassurance during short-term care arrangements.
8. **As a Daily Encouragement Tool:** To create a routine of positivity and support in a child's life.
9. **For Social Workers Supporting Children:** To help social workers provide emotional support to children in care or during transitions.

This practical resource is a simple and effective way to make a meaningful difference in a child's emotional well-being and help them navigate changes with confidence and security.