

Hopeful Hearts Library List

Category: All Ages

Anne and the Sand Dobbies by John B. Coburn

A young boy relates how he and his family came to terms with the death of their young sister.

Ages All

Beginning by Warren Hansan

Warren Hanson brings us a message of encouragement at the start of something new. It is a message all of us will find meaningful many times over.

Ages All

Finding a Way through When Someone Close Has Died by Pat Mood

Written by children for children, this unique workbook is both written and illustrated by children and teenagers who have experienced the death of someone close to them - a parent, grandparent, sibling or friend. They describe their often confusing thoughts and emotions immediately after the bereavement and discuss how their day-to-day lives were affected, including such diverse issues as the reactions of those around them, practical changes and managing school and schoolwork. They offer advice, based on their own experiences, on how to cope with the practical and emotional upheavals of bereavement. The workbook's encourages readers to write about and draw their own feelings and experiences, to consider personal coping strategies and examine their relationships with those around them who may be able to offer support. Advice on how to seek external support and a list of helpful agencies are also provided. Ages 6-17

For the Grieving Child: An Activities Manual by Suzan Jaffe

This book was written to help adults (parents, teachers, counselors, guardians etc...) comfort and support children during the grieving period. It is written in two sections. The adult should read Part II first, as it guides them through the manual, while helping them gain more insight into their own feelings. Part I takes the child through age appropriate activities to help them cope during a time which is often challenging and uncomfortable.

Ages Adult and child

Healing Activities for Children in Grief by Gay McWhorter

This book is an activity book designed to help counselors in a group setting help children following a death. The book is divided into three sections: children's activities preteen activities, and teen activities. In each section counselors can choose from a variety of opening activities designed to promote discussion and main activities that involve a specific topic or theme. There is also a special holiday section.

Ages 5-8, 9-12, 13-18

Making It Better: Activities for Children Living in a Stressful World by Barbara Oehlberg

More than 75 empowering and healing classroom activities. Children living with uncertainty and insecurity often have difficulty focusing on learning. They might demonstrate disrespectful or defiant behaviors, act out, or act with aggression. As an educator, you may provide the only stability in their otherwise turbulent world. *Making It Better* explains trauma-informed education, an approach that recognizes the impact of traumatic stress on children and its effect on the growing brain, and applies the latest neurological research to teaching methods, disciplinary policies, and interactions to support grieving children. This book responds to the learning and behavioral needs of children who have experienced traumatic events or toxic stress—such as natural disasters, community violence, or abuse or neglect within the child’s familial relations—and includes a collection of activities and strategies to help children heal and feel empowered. Distressed children need absolute emotional security and an opportunity to engage in healing activities. With your help, children can begin to build resiliency and find renewed hope for the future.

Ages All

Sad Isn’t Bad: A Good-Grief Guidebook for Kids Dealing with Loss (Kids Elf-Help) by Michaelene Mundy

Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss--that the world is still safe; life is good; and hurting hearts do mend. Written by a school counselor, this book helps comfort children facing of the worst and hardest kind of reality. Full color.

Ages 6 and up

Someone I love died by Suicide: A Story for Child Survivors and Those Who Care for Them by Doreen

Cammarata

This book is designed for adult caregivers to read to surviving youngsters following a suicidal death. The story allows individuals an opportunity to recognize normal grieving symptoms and to identify various interventions to promote healthy ways of coping with the death of a special person. Although the language used in the book is simplistic enough to be read along with children and ultimately stimulating family discussion, it can be beneficial to all who have been tragically devastated by suicide. It is recommended for this book to be utilized in conjunction with therapy.

Ages All ages

Tear Soup by Pat Schweibert and Chuck DeKlyen

This book will validate your grief experience, and you can share it with your children. There is also a cooking tips section at the back of the book.

Ages 8 and up

The fall of Freddie the Leaf by Leo Buscaglia, Ph.D.

This story is a warm, wonderfully wise and strikingly simple story about a leaf named Freddie. How Freddie and his companion leaves change with the passing seasons, finally falling to the ground with winter's snow, is an inspiring allegory illustrating the delicate balance between life and death.

Ages 4 and up

The Gift of a Memory: A Keepsake to Commemorate the Loss of a Loved One by Marianne Richmond

A one-of-a-kind keepsake, the Gift of a Memory commemorates the loss of a special life. Through a heartfelt poem and beautiful illustrations, the book recounts the emotional journey of loss and offers the reader a wish for comfort and for hope in life again. A fill-in-the-blank format allows recipients to personalize the story. A journal in the back of the book lets family and friends preserve special memories and photos to create a truly precious memento.

Ages All ages