

## **Category: All Ages**

### **Aarvy Aardvark Finds Hope by Donna O'Tolle**

Our classic Read-Aloud Story for people of all ages about loving & losing, friendship & hope. Aarvy has lost his family and is filled with despair and hopelessness until a true friend helps him learn about the strengths within himself. Beautiful line drawings by Kore Loy McWhirter can be colored in. Aarvy helps us learn that: Grief is a natural healing process; Grief is emotional physical, spiritual; Grief is highly personal; Grief can connect rather than separate when experienced fully; it is OK to remember; Rituals and imagination assist healing; Friends can hold hope, witness sorrow, and assist healing.  
All ages

### **Anne and the Sand Dobbies by John B. Coburn**

The plot involves two horrific events--the unexpected death of a two-year-old child from an illness and the death of the family dog, who was lost and froze to death before he could be found. The author, a clergyman, theologian, and professor, treats these events more as teachable moments than as the terrible tragedies that they are.

### **Beginning by Warren Hanson**

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

### **Healing Your Grieving Heart for Kids: 100 Practical Ideas by Alan D. Wolfelt, Ph.D.**

With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally. Acknowledging that death is a painful, ongoing part of life, they explain how people need to slow down, turn inward, embrace their feelings of loss, and seek and accept support when a loved one dies. Provides ideas and action-oriented tips that teach the basic principles of grief and healing. These ideas and activities are aimed at reducing the confusion, anxiety, and huge personal void so that the living can begin their lives again.  
Ages 5 and up

### **Meditation Is an Open Sky by Whitney Stewart**

Mindfulness meditation for kids. Kids of any age will learn simple exercises to help manage stress and emotions, find focus, and face challenges. They'll discover how to feel safe when scared, relax when anxious, spread kindness, and calm anger when frustrated. Simple, secular, and mainstream, this mindfulness book is an excellent tool for helping kids deal with the stresses of everyday life and improve emotional health. Meditation guide with relaxation techniques.  
All ages

### **Mindful Games Activity Cards: 55 Fun Ways to Share Mindfulness with Kids and Teens Cards**

Playing games is a great way for kids to develop their focusing and attention skills and to become more mindful. This card deck helps parents, caregivers, and teachers cultivate these qualities at home or in a school setting. The games develop what Susan Kaiser Greenland calls the "new A, B, C's" for learning and for a happy and successful life: Attention, Balance, and Compassion. In a playful way, the games introduce kids to breathing practices and techniques for developing focus, concentration, and sensory awareness, and identifying and self-regulating emotions, among other skills.

### **Sadako and the Thousand Paper Cranes by Eleanor Coerr**

Born in Hiroshima in 1943, Sadako was the star of her school's running team, until the dizzy spells started, and she was forced to face the hardest race of her life--the race against time.  
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

**Surviving the Holidays Without You: Navigating Grief During Special Seasons by Gary Roe**

In *Surviving the Holidays Without You*, you will learn...

Why holiday grief, Christmas grief, and special day sadness are so challenging. How to deal with unspoken, yet powerful expectations. How to handle grief triggers, emotional bursts, and roller coaster emotions.

How to face feeling emotional, lonely, misunderstood, and overwhelmed. How to make good choices about what to do, how, and with whom. How to make a simple, proactive plan to honor the one you're missing and use holidays to grieve well. How to better take care of yourself - your physical and mental health, diet, fitness, and spirituality.

How to use grief and special days for good by serving others and loving those around you. We all face loss and death.

How we grieve matters. Family, relationships, religion, faith, counseling, psychology, and therapy all play a part in recovery, healing, and personal growth. If we can find ways to make emotional pain count and use grief for good, the ripple effects could be extraordinary - in our own lives and in the lives of others. Coping with loss is hard enough.

Holidays can make life seem impossible. *Surviving the Holidays Without You* will reassure you that you're not alone, you're not crazy, and that you will make it through these times.

**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 Cardinal's Gift by Carole Heaney**

Rachel's daddy died, and she is having a hard time adjusting. When tragedy affects Rachel's family, she struggles to get out of bed and pay attention at school. But things begin to change when a special bird appears.

She loses interest in playing with her friends, and she is fearful of forgetting special things about Daddy. Then one morning, she receives a visit and a little encouragement from a playful and persistent cardinal. This is a true story of how a cardinal offered hope to a grieving family struggling to adjust to their loss. "The Cardinal's Gift: A True Story of Finding Hope in Grief" encourages anyone experiencing loss to pay attention to Mother Nature's gifts as she teaches us to be hopeful without forgetting those we love.

Ages: For All Ages

**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 all

**The Fishless Lake: A Story by the New York Life Foundation by Edward Miller and Katy Moseley**

Growing through your grief journey Kai's Journey is a book series that is dedicated to children and families who have experienced the death of a loved one. It's about a little boy named Kai who, together with his mom, learns how to navigate a profound loss in their family. The series strives to provide guidance and support as they embark on this lifelong journey of learning to better understand, process, and communicate their grief.

**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

**The Girl with the Locket: A Story by the New York Life Foundation by Edward Miller and Katy Moseley**

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**The Golden Sweater: A Story by the New York Life Foundation by Edward Miller and Katy Moseley**

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