

Hopeful Hearts Library List

Category: Workbooks for Children

A Book for You from Kids like You compiled by Rachel Burrell & Barb Coe

An inviting and engaging workbook for grieving children ages 6 - 12 filled with creative ways to help them sort through their feelings and experiences after a death.

Ages 6-12

A Bunch of Balloons by Dorothy Ferguson

A book to help grieving children acknowledge what they have lost and celebrate what they still have left when someone they love has died.

After A Death: An Activity Book for Children by The Dougy Center

This easy to use workbook is designed for children who have experienced any type of death. With a mixture of creative activities and tips for dealing with changes at school, home and with friends, this is a great tool for all grieving children. We have included a variety of drawing and writing exercises to help children remember the person who died and learn new ways to live with the loss.

A Keepsake Book of Special Memories: Helping Children Heal From Loss by Lynn Powers and Laurie Van-Si

Children, like adults, are affected by the death of someone close to them, and, similarly, they may need help expressing their grief. Unfortunately, children seldom get such help. Creating a keepsake book gives children a way to reflect on the relationship with the person who has died and to say goodbye. This book is designed for children ages 4 to 12, to be completed with the help of a supportive parent, family member, friend, teacher, or counselor. The activities in the book are inherently therapeutic and enable children to express their most private feelings and to take an active role in their own healing. By collecting photographs of the person who has died, writing and drawing with pen and crayons, and taping and gluing images, children begin the healing process. When finished, the book becomes a special keepsake of their memories.

Ages 4-12

Bart Speaks out: Breaking the Silence on Suicide by Linda Goldman

Bart, a lovable terrier, misses his owner Charlie, who has just died. But Bart's grief is complicated by the silence that surrounds Charlie's death. Sad and puzzled, Bart gradually comes to understand that Charlie has committed suicide. This is a sensitive workbook that gives children an opportunity to explore suicide openly--to resolve their grief by breaking through the barriers of shame and secrecy that typically cloud this subject.

Ages 4-12

Everyone's Mandala Coloring Book (v.1-3) by Monique Mandali

These original mandala designs appeal to both children and adults. Mandalas have been traditionally used as a source of wisdom and meditation

Ages - All ages

Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies by Janis Silverman

An art therapy and activity book for children coping with death. Sensitive exercises address all the questions children may have during this emotional and troubling crisis. Children are encouraged to express in pictures what they are often incapable of expressing in words. Ages 4 and up

The Last Goodbye I by Jim & Joan Boulden

This straightforward yet gentle book speaks directly to the middle school student about death, a subject they begin to encounter more and more often at this age. Extensive exercises are provided to process the feelings and issues that surround death including sadness, anger, fear, guilt, acceptance, responsibility, depression, funerals, burial or cremation, and what happens after death.

Ages 10-13

My Grieving Journey Book by Donna & Eve Shavatt

Giving Comfort to Every Child/Children from all belief systems and all family situations can use this proven manual for working through the pain of loss. Unlike most other titles, this is neither story nor didactic text; it's a hands-on activity book so children can work their way through the process of grief to find healing. Ideal for both personal and professional use, this much-needed book-- pulls kids in at once with its engaging and non-threatening design; provides concrete ways to work positively through negative emotions; shows how to handle fears, crying, bad dreams, acting out, etc.; has been child-tested in bereavement centers; includes recommendations for parents and caregivers; can be used with non-readers as young as five, as well as older children through adolescence; embraces children of every faith and every family situation.

Ages 5 and up

Remembering My Special Person by D. Rae Harshman

An activity book for children experiencing the death of a loved one.

Water Bugs and Dragonflies: Explaining Death to Young Children, a Coloring Book by Doris Stickney

Waterbugs and Dragonflies is a graceful fable written by Doris Stickney who sought a meaningful way to explain to neighborhood children the death of a five-year-old friend. The small book is beautifully illustrated by artist Gloria Ortiz Hernandez.

Ages 4 and up

When Someone Very Special Dies by Marge Heegaard

A practical format for allowing children to understand the concept of death and develop coping skills for life.

Ages 9 and up