

Category: Middle/Teen

A Taste of Blackberries by Doris Buchanan Smith

Jamie isn't afraid of anything. Always ready to get into trouble, then right back out of it, he's a fun and exasperating best friend. But when something terrible happens to Jamie, his best friend has to face the tragedy alone. Without Jamie, there are so many impossible questions to answer -- how can your best friend be gone forever? How can some things, like playing games in the sun or the taste of the blackberries that Jamie loved, go on without him?

Middle-Teen ages 8 - 12 years

Bird by Zeta Elliott

In this gentle, award-winning picture book, a boy nicknamed Bird uses drawing as a creative outlet as he struggles to make sense of his grandfather's death and his brother's drug addiction. Young Mekhai, better known as Bird, loves to draw. With drawings, he can erase the things that don't turn out right. In real life, problems aren't so easily fixed. As Bird struggles to understand the death of his beloved grandfather and his older brother's drug addiction, he escapes into his art. Drawing is an outlet for Bird's emotions and imagination and provides a path to making sense of his world. In time, with the help of his grandfather's friend, Bird finds his own special somethin' and wings to fly. Told with spare grace, *Bird* is a touching look at a young boy coping with real-life troubles. Readers will be heartened by Bird's quiet resilience and moved by the healing power of putting pencil to paper.

Middle

Facing Change: Falling Apart and Coming Together Again in the Teen Years by Donna B. O'Toole

This informative book helps teens understand their losses and discover creative coping strategies to deal with them. Facing Change is unique in that all kinds of losses experienced by teenagers are listed and validated. Includes: Recognizing and understanding loss, Common ways loss is experienced, Creative coping choices, Charting, finding, and using a support system, Things you can do to help yourself through grief, Finding and Using help from others, Bouncing Back - The art of growing through grief, Resiliency - The art of grieving and growing, Coping strategies that work, 75 ways to help yourself, How to know you're making progress.

Teen

Fire in My Heart, Ice in My Veins: A Journal for Teenagers Experiencing a Loss by Enid Samuel Traisman

Fire in My Heart, Ice in My Veins A Journal for Teenagers by Enid Traisman. Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business and use their creativity to work through the grieving process.

Grief Girl – My True Story by Erin Vincent

It's just another October day until Erin's parents are hit by a speeding tow truck. Mom dies instantly. Dad dies one month later, after doctors assure Erin he's going to make it. Now Erin and her sister are left to raise their baby brother-and each other. This is Erin Vincent's gripping true story of how one moment tears a family apart and how love and strength come together to rebuild what was lost. *Grief Girl* will break your heart and then fill you with hope, time and time again.

Ages 9-13

Grief Recovery for Teens: Letting Go of Painful Emotions with Body-Based Practice by Coral Popowitz

Did you know that grief can affect both your mind and your body? In this helpful and healing guide, the director of the Children's Grief Connection offers practices to help you deal with the physical aspects of grief and loss. If you lose someone you love or are close to, you probably feel a number of emotions: sadness, anger, loneliness, or fear. These are all normal feelings, and it's important that you have someone to talk to, whether it's a family member, friend, or counselor. But did you know that grief can also affect your body? That's because the brain and the body are much more connected than you might think. In this compassionate guide, you'll discover how your mind can affect the way you feel physically and discover body-oriented skills to help your body heal after experiencing loss. You'll also find ways to relieve feelings of anxiety and confusion that can make your physical symptoms worse, and finally begin the healing process. Knowing how your body is affected by grief and loss—and what you can do to relieve the physical and emotional pain will give you healthy coping skills to last a lifetime. This book will help you learn these skills and start feeling better in both body and mind.

Harvey: How I Became Invisible by Herve Bouchard and Janice Nadeau

Harvey and his little brother are playing in the slushy streets of early spring when they learn, out of the blue, that their father has died of a heart attack. Everything changes and Harvey's favorite movie, *The Incredible Shrinking Man*, suddenly begins to dominate his fantasy life. When relatives try to get him to look at his father in his coffin, Harvey finds himself disappearing. A sophisticated and original graphic novel, about a young boy's reaction to his father's death. Brilliantly illustrated, emotionally true and devastatingly sad, this book is an artful and utterly convincing study of one boy's response to great loss.
Middle: 10-12 years

Healing Your Grieving Heart for Teens: 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. 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 10 and up

Help for the Hard Times: Getting Through Loss by Earl Hipp

Earl Hipp addresses loss from the perspective of the heart. He discusses young people's experiences with loss and helps them figure out ways to continue functioning after loss. You will provide students with tools to grieve and ways to keep their losses from becoming too overwhelming.
Teen ages 12 and up

How it Feels When a Parent Dies by Jill Krementz

18 children from age 7 - 17, speak openly of their experiences and feelings. As they speak, we see them in photos with their surviving parent and with other family members, in the midst of their everyday lives.

Inside Out: Driven by Emotions (Disney/Pixar) by Elise Allen

This unique chapter book reveals unseen stories from *Inside Out*. Each chapter offers a different retelling of the film from one of Riley's Emotions: Joy, Sadness, Fear, Anger, and Disgust.
Ages: 8-12 years

Inside Out: The Emotions' Survival Guide RH Disney

Disney/Pixar's Inside Out takes you to a place that everyone knows, but no one has ever seen: the world inside the human mind. Girls and boys will love this nonfiction feelings survival guide featuring advice from the Emotions. Vetted by an industry expert, this hardcover book is 64 pages, features full-color illustrations, and has all the heart and humor of Disney/Pixar's Inside Out!

Middle Ages 8 – 12

Michael Rosen's Sad Book by Michael Rosen

This is a personal and moving account of the author's experiences with grief over the loss of his son and mother and various ways of dealing with the melancholy that attends it. "Sometimes sad is very big. It's everywhere. All over me." The gentle text assures readers that despair, anger, and hopelessness are common feelings when dealing with death, but that memories of happier times can elicit a spark of joy and optimism for the future. "And then I remember things. My mum in the rain. Eddie walking along the street, laughing and laughing and laughing." Blake's evocative watercolor-and-ink illustrations use shades of gray for the pictures where sadness has taken hold but brighten with color at the memory of happy times. This story is practical and universal and will be of comfort to those who are working through their bereavement. A brilliant and distinguished collaboration.

Middle, also Ages 5-9 years, Grades K-4

Milo: Sticky Notes and Brain Freeze by Alan Silberberg

Loveable thirteen-year-old geek Milo Cruikshank finds reasons for frustration at every turn, from the annoying habits of his neighbors to his futile efforts to get Summer Goodman to realize his existence. The truth is, ever since Milo's mother died, nothing has gone right. Now instead of the kitchen being full of music, his whole house has been filled with Fog. Nothing's the same. Not his dad. Not his sister. And not him. Milo achieves a rare and easy balance of poignancy and awkward, natural humor, making it deeply accessible—this is the kind of book that can change lives.

Teen

Missing May by Cynthia Rylant

Ever since May, Summer's aunt, and good-as-a-mother for the past six years, died in the garden among her pole beans and carrots, life for Summer and her Uncle Ob has been as bleak as winter. Ob doesn't want to create his beautiful whirligigs anymore, and he and Summer have slipped into a sadness that they can't shake off. They need May in whatever form they can have her -- a message, a whisper, a sign that will tell them what to do next. When that sign comes, Summer will discover that she and Ob can keep missing May but still go on with their lives.

Ages 9-12

My Father's Words by Patricia McLachlan

A touching novel for young readers about finding hope after the loss of a loved one. Declan O'Brien always had a gentle word to share, odd phrases he liked to repeat, and songs to sing while he played basketball. His family loved him deeply and always knew they were loved in return. But a terrible accident one day changes their lives forever, and Fiona and Finn O'Brien are left without a father. Their mother is at a loss. What words are there to guide them through such overwhelming grief? At the suggestion of their friend Luke, Fiona, and Finn volunteer at an animal rescue shelter, where they meet two sweet dogs who are in need of comfort, too. Perhaps with time, patience, and their father's gentle words in their hearts, hope will spark once more.

Middle: Ages 8- 12

Saying Goodbye When You Don't Want To: Teens Dealing with Loss by Martha Bolton

Teens will find encouragement and hope in these stories by peers who share about their pain from deaths of their parents, siblings and friends, runaways, and suicides; divorces and broken relationships; losses and failures and many other causes of grief.

Teen

Sons of Suicide: A Memoir of Friendship David Pincus & Richard Knapp

Sons of Suicide weaves themes of life-shattering tragedy and life-affirming friendship in a moving memoir.

Rick and David meet in high school and soon realize they share a heartbreaking secret: Each of their mothers took her life just a few years earlier. Feeling lost and abandoned, they bond instantly. Decades later, they learn that two other close friends had also lost parents to suicide. Over time, each of the four sons opens up about how his parent's decision changed him and the course of his life. They soon discover that they are more than friends. They are brothers.

Middle-Teen

Straight Talk about Death for Teenagers by Earl A. Grollman

If you are a teenager whose friend or relative has died, this book was written for you. Earl A. Grollman, the award-winning author of *Living When a Loved One Has Died*, explains what to expect when you lose someone you love.

Teen ages 12 and up

Teen Grief: Caring for the Grieving Teenage Heart by Gary Roe

Award-winning author and grief counselor Gary Roe wrote *Teen Grief* at the request of parents, teachers, coaches, and school counselors. Born of personal experience and more than three decades of interacting with grieving teens, this informative, practical handbook is replete with guidance, insight, and ideas for helping teens navigate the turbulent waters of loss. Though *Teen Grief* primarily focuses on losses due to death, the principles discussed can be applied to any loss a teen might be experiencing. Teens are the future. If we can help them discover how to turn losses into gains and transform hardship into something productive, positive, and good, the ripple effects could be extraordinary. As they heal and grow, they can become the difference-makers this world so desperately needs.

Teens Dealing with Death: Stories from my Students by Susan Romero

The background: In one school year, fifteen of my 8th grade students had lost a loved one to death, mostly parents. That alarming number was unprecedented. This book is an up-close look at loss from the TEENS that have lived it, in their own words. We have a difficult time with grieving in our culture. There is a push to return to "happy" as soon as possible. However, if grief doesn't have an appropriate outlet, feeling of aloneness and isolation can intensify. This is especially true for teens, who are too young for the harsh realities of life and unsure how to proceed when faced with them. *Teens Dealing with Death* is written by young people for young people. Their brave voices in this book and their teacher Susan Romero have taken a courageous step in sharing their eye-opening stories of death. These young people talk openly about the loss of their loved one to illness, substance abuse, murder, suicide, accidents, and war. They discover that despite their separate circumstances, they are not alone in their pain. They have taken the first step in healing: sharing their thoughts and feelings with us. They didn't sugar coat their stories, but rather laid out the bare truth. In doing so, we come to a better understanding of their experiences, confusion, loneliness, mixed emotions, and above all, their amazing resilience. *Teens Dealing with Death—Stories from My Students* is perfect for a teen that will soon lose a loved one or one that is currently grieving, as well as parents that would like to help. --Teen

The Color of Absence: 12 Stories about Loss and Hope by James Howe

"In adolescence we feel our losses as if for the first time, with a greater depth of pain and drama than we are aware of having experienced ever before," says James Howe in his introduction to this stunning collection of short stories in which some of today's most celebrated authors of fiction for young adults explore the many faces of loss - the common thread they share and the hope that is born through change.

Ages 12 and up

The Girl with More Than One Heart by Geringer Bass

There are times we all feel we need more than one heart to get through. When Briana's father dies, she imagines she has a new heart growing inside her. It speaks to her in her dad's voice. Some of its commands are mysterious.

Find Her! it speaks. *Be Your Own!* How can Briana "be her own" when her grieving mother needs her to take care of her demanding little brother all the time? When all her grandpa can do is tell stories instead of being the "rock" she needs? When her not-so-normal home life leaves no time to pursue her dream of writing for the school literary magazine? When the first blush of a new romance threatens to be nipped in the bud? Forced by the loss of her favorite parent to see all that was once familiar with new eyes, Briana draws on her own imagination, originality, and tender loving heart to discover a surprising path through the storm.

Middle: Ages 8-13

The Grieving Teen: a guide for teenagers and their friends by Helen Fitzgerald

Although the circumstances surrounding a death are difficult to handle at any age, adolescence brings with it challenges and struggles that until now have been largely overlooked. But in this unique and compassionate guide, renowned grief counselor Helen Fitzgerald turns her attention to the special needs of adolescents struggling with loss and gives them the tools they need to work through their pain and grief.

Writing not only about but also for teenagers, Fitzgerald adeptly covers the entire range of situations in which teens may find themselves grieving a death, whether the cause was old age, terminal illness, school violence, or suicide. She helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life. Fitzgerald guides teens through everything from the sickbed to the funeral, from the first day back at school to the first anniversary of the death. Above all, she lets teens know that even in their darkest hour, they are not alone.

Teen

Weird Is Normal When Teenagers Grieve by Jenny Lee Wheeler

Teens grieve differently from adults and often get lost in the shuffle after the death of a loved one. *Weird Is Normal When Teenagers Grieve* is unique because it is a self-help book for grieving teens written by an actively grieving teen. Author Jenny Lee Wheeler lost her father to cancer when she was fourteen and validates for her peers that they have the right to grieve in their own way and according to their own timetable, that their grief attacks might be different from those of adults around them, and that they aren't going crazy if they see signs from their loved one. Dr. Heidi Horsley writes in the Foreword, "Teen grief is often overlooked and unacknowledged. ... Jenny's journey will strike a note with teenagers everywhere who have experienced the loss of someone they love. She gives sound advice and lets them know they are not alone.

Teen

When a Friend Dies: A Book for Teens About Grieving & Healing by Marilyn E. Gootman

The death of a friend is a wrenching event for anyone at any age. Teenagers especially need help coping with this painful loss. This sensitive book answers questions grieving teens often have.

Teen

When Someone You Know Has Been Killed by Jay Schleifer

Discusses death and the fear of death, explains the emotions experienced when someone you know is killed, and gives strategies to cope with them.

Teen

You are not Alone by Lynne B. Hughes

Words of reassurance and strategies for coping with the loss of a parent, by the director of the nation's largest bereavement camp for children. Loss is one of the most isolating experiences there is, and kids who have lost a parent feel especially different than those around them. Comfort Zone Camp was founded as a safe place for grieving children, and now this very special healing experience can reach an even larger audience of children and the people who care for them. Through frank and accessible testimonials, Lynne Hughes, and the kids of CZC share the most difficult parts of their losses and offer their own experiences of what helps, what doesn't, what "stinks," and ways to stay connected to their loved ones. Middle