

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 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.

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.

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

Coloring Your Grief: Coloring to Soothe the Soul and Mend the Heart by Jane Bissler

Grieving for someone you love can be exhausting, and many people who grieve wish that they could find a way to take a breather and quiet their minds. This book was created with that purpose in mind. In its pages you will find images and words collected by three experienced grief therapists – images that you can make your own using whatever coloring tools you like. If you have not colored in a while, you may be surprised to discover how quickly your mind and body begin to calm down and relax when you do. So, pick up your pencils, markers, or crayons, and let the comforts of coloring provide a break on your grief journey.

Creative Interventions for Troubled Children & Youth by Liana Lowenstein

This best-selling collection is filled with creative assessment and treatment techniques for use in individual, group, and family settings. The book begins with a variety of engaging assessment activities

providing clinicians with diagnostic tools to assist in treatment planning. The remaining four chapters provide activities to help children and teens identify feeling states, cope with emotional difficulties, strengthen interpersonal skills, and enhance self-esteem. The last section of the book describes the graduation ceremony that can be incorporated as part of the child's termination process. Each activity is described within a framework that recommends age suitability, preferred treatment modality, and appropriate stage of treatment. Materials needed to complete the activity are outlined. Several activities include worksheets that may be reproduced for use with clients. The book includes detailed instructions and a discussion section that further clarifies application and process. Mental health professionals and teachers will find this book invaluable.

4-16 year-olds

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

These original mandala designs by holistic therapist Monique Mandali appeal to both children and adults. Mandalas have been traditionally used as a source of wisdom and meditation. These volumes include all new mandalas and a preface that explains new ways to use and enjoy mandalas for fun and stress reduction.

Everyone's Mandala Coloring Book (v.2) by Monique Mandali

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

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 interactive style 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.

Finding Hope Grief Activity Book by Andrea Leigh Plummer

This coloring and activity book helps children deal with their emotions after a loved one dies and provides instructions for several crafts dedicated to the memory of the lost loved one, be it a family member, friend, or special pet.

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

Grief Doodling Bringing Back Your Smiles by Harriet Hodgson

From the very first page, Grief Doodling invites action. Topics range from the benefits of doodling, to why doodling is fun, to doodling tips, and responding to doodling prompts. The prompts, based on grief research, promote self-worth and healing.

Ages 8 and up

Grief Journal for Kids: Guided Prompts for Processing Loss and Finding Emotional Healing by Hope Levgren

This guided journal contains many different activities to make the little ones open up. children can express their feelings through words; guided prompts to help them better understand their feelings and process their loss; drawing activities so they can express themselves as freely as possible; and unique exercises for them to know themselves better and to react better when they are overwhelmed by emotions. The main focus of this memory book is the expression of feelings. By helping kids to understand what they feel, we are actually helping them on their journey to healing.

Young, Middle

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

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

Letting Go, activity book by Sharie Coombes

A MINDFUL KIDS activity book for young people to color and doodle their way to being happy, calm, and confident.

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

Navigating Grief, A Guided Journal: Prompts and Exercises for Reflection and Healing by Mia Roland

There is no right or wrong way to process grief. That's why this guided journal is designed to help you untangle and understand your emotions at your own pace, in the way that feels right for you. Through gentle but insightful journal prompts and activities, you'll learn new ways to carry memories, lessons, and love as you move forward in your healing journey.

Someone I Love Died: A Child's Workbook about Loss and Grieving by Wendy Deaton

Someone I Love Died is a creative, child-friendly program designed for use with elementary school children, filled with illustrations and original exercises to foster healing, self-understanding, and optimal growth.

The Grief Bubble: Helping Kids Explore and Understand Grief by Kerry Debay

A workbook for children ages 6 and older who have experienced the death of someone special. The interactive format invites them to find expression for their thoughts and feelings, encouraging the exploration of their grief.

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

The Rhino Who Swallowed a Storm by LeVar Burton

Actor and longtime educational advocate LeVar Burton has had more than 30 years' experience speaking directly to children about grown-up situations, and The Rhino Who Swallowed a Storm is a story that helps ease the fears and worries of a young child Mica Mouse lost her house in a terrible storm, and now she trembles when the weather turns rough. She's not so different from other children who've experienced something very disturbing in their life or heard about tragic or frightening events in the news. Mica's father tells her the story of a brave blue rhinoceros who learns how to get through rough times with friendship, helpers, love, and by "feeling your feelings."

Ages 4-8

Together We'll Get Through This by Karen Carney

This is the foundation book for the others in the Barklay and Eve Children's Book Series. This book recognizes and validates all kinds of losses that children may have, including divorce, moving to a different neighborhood, illness or death of pets and other loved ones. The book's message is that with love and support, we can get through anything.

Workbook

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

Water Bugs 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

What Does Grief Feel Like? By Korie Leigh

Dr. Korie Leigh has spent over sixteen years specializing in working with children and families experiencing grief and loss, and she wrote *What Does Grief Feel Like?* from a child development perspective, with developmentally appropriate vocabulary. A caregiver's guide provides helpful information on developmental stages, expressions, and behaviors of grief in children.

Ages 3-8

When Someone Dies: A Child-Caregiver Activity Book by National Alliance for Grieving Children

When Someone Dies: A Child-Caregiver Activity Book is an activity book for children that also provides valuable information to parents and caregivers about how grief impacts children. Contained within the pages of the book are activities for children designed to help them better express, understand, and cope with their grief. Each page also offers guidance about how adults can connect with their child on the very difficult subjects of death, dying, and bereavement.

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