

GRIEF AND LOSS

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Book/Author	Notes
<p><u>DOG HEAVEN AND CAT HEAVEN</u> by <u>Cynthia Rylant</u></p>	<p>Are you familiar with the <u>Rainbow Bridge poem</u>? These books bring the rainbow bridge to life.</p> <p>Activity: ideas I created a <u>memory book for pets</u> that you can get <u>here</u>.</p>
<p><u>HOWARD B. WIGGLEBOTTOM LISTENS TO A FRIEND</u> by <u>Howard Binkow and Tallefer Long</u></p>	<p>One of the best things about Howard B. Wigglebottom is that thanks to <u>wedolisten.org</u> you can get the animated book, lesson, and more all in one place.</p>
<p><u>THE GOODBYE BOOK</u> by <u>Todd Parr</u></p>	<p><u>This beautiful picture book is funny and colorful, making it easy to talk about such a hard topic.</u></p> <p>Activity: This book works to talk about all types of loss. After reading, create a memory book about the lost loved one or <u>pe</u></p>
<p><u>THE INVISIBLE STRING</u> by <u>Patrice Karst</u></p>	<p>This book is perfect for anyone who is missing someone they love- whether it be grief or just back to school. For anyone seeking assurance, this book has the message that love transcends and will always be there even when there is distance between us.</p>
<p><u>SAMANTHA JANE'S MISSING SMILE: A STORY ABOUT COPING WITH THE LOSS OF A PARENT</u> by <u>Julie Kaplow</u></p>	<p>This book tackles the difficult subject of losing a parent. "The story of a young girl whose father has recently died, which deals with the full range of emotions, questions, and worries that children have when a parent has died.</p>
<p><u>THE RABBIT LISTENED</u> by <u>Cori Doerrfeld</u></p>	<p>This book isn't just about listening skills-it's perfect for talking about how to support a friend as they grieve. <u>Partner with my activity set.</u></p>

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<u>NEVER FORGET ELEANOR</u> by <u>Jason June</u>	For families who've been affected by Alzheimer's or dementia.
<u>WONDERFUL GOODBYES</u> by <u>Kelly Wu</u>	The story of a girl and her dog as they know the end grows near.
<u>THE ROUGH PATCH</u> by <u>Brian Lies</u>	One day the unthinkable happens: Evan's dog dies. Heartbroken, Evan destroys the garden and everything in it. This is a wonderful book to talk about the mix of feelings that come with loss.
<u>CALLING THE WIND</u> by <u>Trudy Ludwig & Kathryn Otonari</u>	Inspired by Itaru Sasaki's Wind Telephone, which brought healing to the people of Japan in the wake of an earthquake and tsunami this story explores grief and loss, and how we move forward by finding meaningful ways to connect with the family and friends we've lost, as well as those who are still with us.
<u>FLORA'S WISH</u> by <u>Fiona Halliday</u>	Follow Flora, a field mouse, as she loses her friend Lion (a dandelion) by her side. But as the seasons change, Lion's whiskers go from a bright yellow to shimmering silver, until one day, he scatters in the wind completely.
<u>BUG IN A VACUUM</u> by <u>Melanie Watt</u>	This picture book meets chapter book follows a bug as he gets stuck in a vacuum- and subsequently goes through the stages of grief.

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<u>MAYBE TOMORROW?</u> by <u>Charlotte Agell</u>	This tender exploration of loss is perfect for talking about how we can support someone experiencing a loss with kindness and empathy.
<u>WHERE LILY ISN'T</u> by <u>Julie Paschkis</u>	This book makes me cry every time I read it! It's a tender reminder of the emptiness we feel after losing a pet. From under our feet to next to us in bed, their memory is always in our hearts. <u>Partner with my pet loss book.</u>
<u>JUST WHAT TO DO</u> by <u>Kyle Lukoff</u>	Read this book with the class or friends of the person who has experienced a loss. It's a gentle reminder that we all grieve differently, and sometimes the best support we can give is to listen and respect what that individual needs.
<u>THE HEAVY BAG</u> by <u>Sarah Surgey</u>	Enid's grandpa has died, and she carries her grief in a heavy bag filled with special things that remind her of him. As she walks, the bag grows heavier, and her feelings become overwhelming. This bag goes on a journey through the 5 stages of grief.
<u>TREASURE BOX</u> by <u>Dave Keane</u>	Follows the story of a little girl and her grandfather, who becomes ill and eventually doesn't come home. Wonderful for talking about our connection with our loved one after death.
<u>I MISS YOU MOST</u> by <u>Charlotte Cheng</u>	This story is about the loss of a grandfather and is just right for starting necessary conversations about grief, and for paying tribute to the loved ones we've lost.

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<p><u>I'LL ALWAYS LOVE YOU by Hans Wilhelm</u></p>	<p>The story of losing a pet and everlasting love. <u>Partner with my pet loss book.</u></p>
<p><u>WHERE ARE YOU, Brontë?</u> <u>by Tomie dePaola</u></p>	<p>The story of the losing a beloved pet, this book is the final completed book written by beloved creator Tomie dePaola <u>Partner with my pet loss book.</u></p>
<p><u>BALLOONS FOR PAPA by Elizabeth Gilbert</u> <u>Bedia</u></p>	<p>This is not about grief in the sense of a loss, but about a father struggling with depression. Use it to talk about mental health.</p>
<p><u>GOODBYE: A FIRST CONVERSATION ABOUT GRIEF by Megan Madison</u></p>	<p>This nonfiction book "aims to normalize the topic of death by discussing what it means and how it feels to experience loss. It centers around several questions that arise about grief and honest, simple ways to answer them." Also available as a boardbook.</p>
<p><u>A SHELTER FOR SADNESS by Anne Booth</u></p>	<p>This story isn't about a specific loss, but it captures the sadness that comes with grief. Sadness is personified, and the boy builds it a shelter: "The boy can visit the shelter whenever he needs to, every day, sometimes every hour, and the two of them will cry and talk or just sit, saying nothing." I like how this validates our emotions while reminding us we can visit our grief without living inside it.</p>
<p><u>GOOD THINGS by Maryah Greene</u></p>	<p>The story about the loss of a father, responsibility, and paying a tribute to your lost loved one.</p>

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<u>WHEN DINOSAURS DIE</u> by <u>Laurie Brown</u>	This succinct and thorough guide helps dispel the mystery and negative connotations associated with death, providing answers to kids' most-often asked questions.
<u>THE REMEMBERING STONE</u> by <u>Carey Sookocheff</u>	The story follows a deceased grandfather whose memory is preserved through a special stone, and explores the emotions and coping that arise when the stone goes missing.
<u>A LAND CALLED GRIEF</u> by <u>Maddie Janes</u>	Navigates the stages of grief.
<u>WHY DO I FEEL SAD?</u> by <u>Tracy Lambert</u>	Broad enough to encompass many forms of grief, this book reassures kids that they are not alone in their feelings and even suggests simple things they can do to feel better, like drawing, dancing, and talking to friends and family.
<u>THE HOLE</u> by <u>Lindsay Bonilla</u>	The story about the death of sibling, this wonderful book uses the "hole" to represent tough feelings of missing your loved one. This one reminds that talking about our deceased loved one can bring comfort to us.
THE MEMORY BOOK: A Reassuring Story about Understanding Dementia by Louise Gooding	"Explains dementia through the story of a little girl and her grandmother, focusing on love, patience, and finding ways to connect despite memory loss, with practical advice for families at the end."
<u>WHEN SADNESS IS AT YOUR DOOR</u> by <u>Eva Eland</u>	Introduces sadness as a visiting guest, that helps personify sadness and introduce coping skills.

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<u>THE INVISIBLE LEASH</u> by <u>Patrice Karst</u>	Just as “The Invisible String” helps remind readers of our invisible connect, this one is specifically for pets.
<u>MY FRIEND LOONIE</u> by <u>Nina LaCour</u>	A gentle story about connection and loss, where a young child finds comfort in memories after losing her constant companion—her balloon.
<u>A TERRIBLE THING HAPPENED</u> by <u>Margaret Holmes</u>	This book is wonderful because you can adapt it for any loss or traumatic situation. Helps children open up in ways other than talking-like art.
<u>A DOG LIKE JACK</u> by <u>DyAnne DiSalvo</u>	Jack is an eight-year-old rescue dog—fifty-six in dog years—when he’s adopted into a loving family. As he grows older alongside Mike, the family must eventually face the challenges of his aging and declining health. This warm story celebrates the joy of adopting an older dog while gently portraying the grief of losing a beloved pet.
<u>THE ABC’S OF GRIEF</u> by <u>Jessica Correnti</u>	Each letter of the alphabet is related to the grief process. You can connect each letter with a different activity.
<u>THE MEMORY STRING</u> by <u>Eve Bunting</u>	Each button on Laura’s memory string represents a part of her family history. She especially treasures the buttons that belonged to her mother, highlighting themes of loss and remembrance. The story also shows her finding comfort in her stepmother, though it’s important to note this may not reflect every student’s experience.

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<p><u>THE TENETH GOOD THING ABOUT BARNEY BY JUDITH VIORST</u></p>	<p>A classic- this book faces the story of a young boy whose cat dies and he writes down 10 things he loved about Barney for the funeral. Great for getting kids to share their memories of their own loved one.</p>
<p><u>THE PERFECT SHELTER by Clare Helen Welsh</u></p>	<p>"A powerful and uplifting story, exploring the emotions we feel when someone we love has a serious illness."</p>
<p><u>REMEMBERING by Xelena González</u></p>	<p>"A child and their family observe the customs of Día de los Angelitos, one of the ritual celebrations of Día de Muertos, to celebrate the life of their beloved dog who passed away. "</p>
<p><u>THE REMEMBER BALLOONS by Jessie Oliveros</u></p>	<p>This story gently explains the memory loss associated with aging and diseases such as Alzheimer's.</p>
<p><u>OUR LAKE by Angie Kang</u></p>	<p>The story of two boys as they take their first trip back to the lake without their father. Wonderful for talking about adjusting to the world without the deceased.</p>
<p><u>A KISS GOODBYE by Audrey Penn</u></p>	<p>Chester says goodbye to his old home and learns that there are some exciting aspects to his new home. Wonderful if a family has to move as a result of a loss.</p>
<p><u>WHERE DID SHE GO? by Cariad Lloyd</u></p>	<p>"When one little girl's grandma is nowhere to be seen, and everyone keeps saying how sorry they are that the family have <i>lost</i> her, she makes it her special task to find Grandma and cheer everyone up." Wonderful for helping to explain what grownups mean when they say "lost."</p>