

During this intense and difficult time it is important to recognize and understand how to manage emotions and emotional triggers. Below are some resources that may be helpful for families:



- **Books on Grief and Loss for Children**
- **Videos that Discuss Death**



Books on Grief and Loss for Children

- *Always and Forever* by Alan Durant, When Fox dies the rest of his family are distraught. Months later, Squirrel reminds everyone how funny Fox used to be and they all realize Fox is still there in their thoughts and memories. PK-3rd grade.
- *Badger's Parting Gifts* by Susan Barley tells how Badger's friends find comfort in the memories Badger left behind and share something they learned from Badger before he died. K-5th grade. Narration <https://www.youtube.com/watch?v=tRTRABhJTbo>
- *Everett Anderson's Goodbye* by Lucille Clifton is a touching portrait of a little boy trying to come to grips with his father's death. We see him struggle through the stages of grief. *The Sad Dragon* by Steve Herman is a cute children's book to help understand the loss of a loved one and how to get through a difficult time. PK-2nd grade
- *I Miss You* by Pat Thomas tells about how death is part of the natural process and events that follow. K-3rd grade.
- *Liplap's Wish* by Jonathan London and Sylvia Long tells of a young rabbit who learns that though his grandmother is not present to share with him new experiences, she will forever remain in his heart. K-5th grade.
- *Rudi's Pond* by Eve Bunting tells of the young narrators best friend, Rudi, who is very sick and how hard it is for her to understand. When Rudi dies, the narrator and other children in the school help build a pond to remember him by. 3rd-5th grade.
- *Tear Soup, A Recipe for Healing After Loss* by Pat Schwiebert, Chuck Deklyen and Taylor Bills. Grandy is grieving for someone and makes tear soup. This book explains how grieving is an individual process. 5th-highschool.

- *The Invisible String* by Patrice Karst tells of the unbreakable connections between loved ones. Narration <https://www.youtube.com/watch?v=cO2LBBtAI>
- *The Memory String* by Eve Bunting tells of each button on Laura's memory string and how it represents a piece of her family history. She discovers that the memory string is not just remembering the past, but also for recording new memories. 3rd to 6th grade. Narration <https://www.youtube.com/watch?v=J-UvQQETESE>
- *The Saddest Time* by Jacqueline Rogers offers three stories to help children talk about guilt—an uncle with a terminal illness, a classmate killed in an accident, and a grandparent.
- *The Wall* by Eve Bunting. A young boy goes with his father to "the wall" to find his grandfather's name. 4th-Middle School. Narration https://www.youtube.com/watch?v=cLezi_5UEkY
- *What On Earth Do You Do When Someone Dies?* by Trevor Romain <http://trevorromain.com>. Trevor writes about what death means, how to cope and answers questions all children ask when confronting death of a beloved. K-5th grade.

Videos that Discuss Death

- Sesame Street: Mr Hooper Dies <https://www.youtube.com/watch?v=9NjFbz6vGU8>
- Sesame Street: Talking About Uncle Jack <https://www.youtube.com/watch?v=daxasrg9UNM>
- Mr Rodgers talks about death <https://www.youtube.com/watch?v=LDnDs1Rz4ZQ>