

# Grief Books for Children

## Books

**In My Heart** - A vibrant celebration of feelings, in all their shapes and sizes.

Witek, J. (2013). *In my heart*. New York, NY: Abrams.

**Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them** -

A book for adult caregivers to read to surviving youngsters following a suicidal death.

Cammarata, D. (2009). *Someone I love died by Suicide*, Limitless Press LLC

**Tear Soup** - Affirms the bereaved, educates the un-bereaved, and is a building block for children.

Schwiebert, P., DeKlyen, C. *Tear soup: A recipe for healing after loss*. Portland, OR: Grief Watch.

**The Invisible String** - A simple story that remind children and adults they are truly never alone.

Karst, P. (2000). *The invisible string*. Camarillo, CA: DeVorss & Company.

**The Next Place** - An inspirational journey of light and hope.

Hanson, W. (1997). *The next place*. Minneapolis, MN: Waldman House Press, Inc.

**Turned Upside Down** - Written to assist in guiding children through the grieving process by way of their own spiritual journey.

Tache, T. (2012). *Turned upside down*. Self-published

**What is Death?** - Introduces children to the concept of death.

Britzer, E. (2000). *What is death?* Santa Monica, CA: Veronica Lane Books.

## Journals

**Draw it Out** - Therapeutic activity book for ages 6+ that encourages expression of feelings of loss.

Lorig, S., Frankel, R. (2014). *Draw it out*. Seattle, WA: Art with Heart.

**Hope Heals** - Supports children, teens and adults who are grieving the death of a loved one.

Kroenke, S., Esterbrooks, D. (2012). *Hope Heals: A journal of love, loss and memories*. Golden Valley, MN: Tristan Publishing, Inc.

**The Understanding Your Grief Journal** - A companion workbook to understanding your grief.

Wolfelt, A.D. (2004). *The understanding your grief journal: Exploring the ten essential touchstones*. Fort Collins, CO: Companion Press.

