



A Community Approach to Supporting Bereavement, Loss and Grief

**Books, films and resources to help you talk to
children about death, change and loss (primary)**

| Lesson Plans, Ideas and Activities | |
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| <p>Film Clip</p> <p><u>The Day Becca Died</u></p> | <p>Short clip from Bereavement UK and CBeebies from the perspective of a family. Useful for anyone speaking to young children about death.</p> |
| <p>Elephant's Tea Party</p> <p>Child Bereavement UK</p> | <p>Lesson plans for equipping all children, whether bereaved or not, with the tools to help them cope with loss and bereavement, now or in later life.</p> <p><u>https://www.childbereavementuk.org/pages/category/elephants-tea-party</u></p> |
| <p>Mentally Healthy Schools</p> | <p>Website for primary schools, offering school staff information, advice and practical resources to better understand and promote pupils' mental health and wellbeing.</p> |

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| | https://www.mentallyhealthyschools.org.uk/ |
| <p><i>Childhood Bereavement – developing the curriculum and pastoral support</i></p> <p>Job and Francis</p> <p>Amazon ISBN 13: 978 - 1904787143.</p> | <p>Using case studies and drawing on best practice, this resource aims to help those working in schools address bereavement from a pastoral and educational perspective. It provides lesson ideas for how to implement in the curriculum.</p> |
| <p><i>Good Grief – Exploring feelings, loss and death with under 11s</i></p> <p>B Ward</p> <p>Amazon ISBN 13: 978 - 1853023248.</p> | <p>Comprehensive guidance and information for classroom activities</p> |
| <p><i>The Resilience Project</i></p> | <p>Read about a project run in a Scottish primary school to integrate lessons around loss and death into the curriculum.</p> <p>https://www.goodlifedeathgrief.org.uk/content/resources/1525951432_The_Resilience_Project.pdf</p> |
| <p>DVDs</p> | |
| <p><i>Grief in the Family</i></p> <p>Leeds Animation Workshop</p> <p>https://www.leedsanimation.org.uk/films/</p> | <p>Looks at the ways children and young people respond to grief, and what the adults around them can do to help. It gives parents and carers an insight into the process of grieving, its physical and emotional effects, and the needs of children and young people. The pack is designed as a resource for those working with families and bereaved children. It raises awareness and facilitates discussion in parenting education classes, training courses or schools. It is also suitable for viewing at home by parents, carers, and children.</p> |
| <p><i>It Will Be Ok</i></p> <p>Childhood Bereavement Network</p> | <p>Made by young people, this 15 minute film aims to help others in identifying emotions and behaviour common after a bereavement. It is intended to provide support to other bereaved children and young people by emphasising that they are not alone and that their feelings are normal. Suitable for bereaved children and young people to use in a supported environment. It is also a useful resource</p> |

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| <p>https://www.ncb.org.uk/product/220</p> | <p>for the practitioners, parents and carers supporting them.</p> |
| <p><i>You'll Always Remember Them...</i></p> <p>Childhood Bereavement Network</p> <p>https://www.ncb.org.uk/product/267</p> | <p>This 40 minute film features a group of children from a range of backgrounds aged 6-12 who have been bereaved of a parent. The group discusses the impact of bereavement on their lives, the support they received from family, friends, hospitals, bereavement service providers and schools.</p> <p>Can be used as a resource to offer information and support, facilitate training and discussion or develop the understanding of children and young people through the PSHE curriculum in schools.</p> |
| <p>Books for Educational Professionals</p> | |
| <p><i>Then, Now and Always: Supporting Children as They Journey Through Grief: A Guide for Practitioners (Winstons Wish)</i></p> <p>Julia A Stokes</p> <p>Amazon ISBN 13: 978 - 0953912353</p> | <p>Most suitable for those with pastoral care responsibilities, this guide for supporting children as they journey through grief includes a section on enabling a school community to respond positively to a death.</p> |
| <p><i>Supporting Children through Grief and Loss: Practical Ideas and Creative Activities for Schools and Carers</i></p> <p>Anna Jacobs</p> <p>Amazon ISBN 13: 978-1906531539</p> | <p>Provides advice and helpful suggestions for those supporting children through bereavement and loss. Provides an overview of different behaviours you may encounter in school and how to respond, as well as discussing questions children may ask and how to answer them. Age-appropriate, honest responses along with a toolkit of creative and arts activities to help children examine and understand their emotions, physical feelings and memories.</p> |

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| <p><i>A Child's Grief. Supporting a child when someone in their family has died (Winston's Wish)</i></p> <p>Stubbs and Stokes</p> <p>Amazon ISBN 978-0955953934</p> | <p>Useful and informative introduction for professionals and carers supporting a child through bereavement. Covers a variety of short and long term issues. Offers practical suggestions and ideas for activities.</p> |
| <p>Books for use with Bereaved Children and Young People</p> | |
| <p><i>Muddles, Puddles and Sunshine: An Activity Book</i></p> <p>Diana Crossley</p> <p>Amazon ISBN 13: 978 - 1869890582.</p> | <p>This activity book offers invaluable practical and sensitive support for bereaved young children. The book offers a structure and an outlet for the many difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief. At the same time, the book manages to find a balance between remembering the person who has died and having fun.</p> |
| <p><i>Lifetimes: The Beautiful Way to Explain Death to Children</i></p> <p>Mellonie and Ingpen</p> | <p>A book which aims to help parents and teachers explore the subjects of life and death with young children considering beginnings, endings and the life in between. Introduces the concepts through animals, plants and people.</p> |
| <p><i>What on Earth do you do when Someone Dies?</i></p> <p>Trevor Romain</p> <p>Amazon ISBN 13: 978-1575420554</p> | <p>This book for older children is a factual guide, answering questions such as 'Why do people have to die?', 'is it okay to cry?' and 'what is a funeral/memorial service?' It is written in a straightforward way, with practical tips, advice and information about different faiths and beliefs.</p> |
| <p><i>Michael Rosen's SAD Book</i></p> <p>Michael Rosen</p> <p>Amazon ISBN 13: 978-1406313161.</p> | <p>This book has large illustrations and small snippets of text. It is wonderfully honest and will appeal to children and adults of all ages. We all have sad stuff, but what makes Michael Rosen most sad is thinking about his son who died. This book is a simple but emotive story. He talks about what sad is and how it affects him and what he does to cope with it.</p> |
| <p><i>When Someone Very Special Dies</i></p> <p>Marge Heegard</p> <p>Amazon ISBN 978-0962050206</p> | <p>A practical format for allowing children to understand the concept of death and develop coping skills for life, this book is designed for young readers to illustrate.</p> |

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| <p><i>Finding a Way Through when Someone Close has Died</i></p> <p>Mood and Whittaker</p> <p>Amazon ISBN 978-1853029202</p> | <p>A workbook by young people who have experienced the death of someone close. They offer advice based on their own experiences. The activities encourage young people to express their feelings and responses.</p> |
| <p><i>Fiction Books</i></p> | |
| <p><i>The Memory Tree</i></p> <p>Britta Teckentrup</p> <p>Amazon ISBN 978-1408326343</p> | <p>Fox has lived a long and happy life in the forest, but now he is tired. He lies down in his favourite clearing, and falls asleep for ever. Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox. And so, as they share their memories, a tree begins to grow, becoming bigger and stronger with each memory, sheltering and protecting all the animals in the forest, just as Fox did when he was alive.</p> |
| <p><i>Grandad's Island</i></p> <p><i>Benji Davies</i></p> <p><i>Amazon ISBN</i> 978-1471119958</p> | <p>At the bottom of Syd's garden is Grandad's house. Syd can let himself in any time he likes. But one day when Syd comes to call, Grandad is in the attic, where he ushers Syd through a door, and the two of them journey to a wild, beautiful island awash in colour where Grandad decides he will remain. So Syd hugs Grandad one last time and sets sail for home. Sure to provide comfort to young children struggling to understand loss.</p> |
| <p><i>The Sad Dragon: A Dragon Book about Grief and Loss</i></p> <p>Steven Hermen</p> <p>Amazon ISBN 978-1948040990</p> | <p>Having a pet dragon is very fun! He can sit, roll over, and play. But sometimes, not every story is a happy one. What if your dragon is suffering from a loss of a loved one? What should you do? You teach him about Grief and Loss. You explain death to him, and help him get through this difficult time!</p> |
| <p><i>The Invisible String</i></p> <p>Patricia Karst</p> <p>Amazon ISBN 13: 978-0875167343.</p> | <p>A heartwarming story that reassures children that even though they can't always be with a loved one, they're always in each other's hearts. Whenever a child thinks about a family member, the invisible string gives a tug. Explores the issues of loss and separation.</p> |

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| <p><i>Missing Mummy</i></p> <p>Rebecca Cobb</p> <p>Amazon ISBN 978-0230749511</p> | <p>Deals with the loss of a parent from a child's point of view. Perfectly pitched text and evocative artwork explore the many emotions a bereaved child may experience, from anger to guilt and from sadness to bewilderment. And importantly, the book also focuses on the positive - the recognition that the child is still part of a family, and that his memories of his mother are to be treasured.</p> |
| <p><i>Always and Forever</i></p> <p>Alan Durant</p> <p>Amazon ISBN 13: 978-0552548779.</p> | <p>Otter, Mole and Hare miss Fox when he falls ill and dies. They stay at home and don't want to talk about him because it makes them sadder. Then Squirrel visits and reminds them of all the fun times they had together.</p> |
| <p><i>Badger's Parting Gifts</i></p> <p>Susan Varley</p> <p>Amazon ISBN 13: 978-0006643173.</p> | <p>Badger is old and knows he is going to die soon. When he does, the other animals think they will be sad forever, but they begin to talk about the memories they have of the things Badger taught them and learn to cope with his death. A lovely picture book that emphasises the importance of holding on to memories.</p> |
| <p><i>Flamingo Dream</i></p> <p>Donna Jo Napoli</p> <p>Amazon ISBN 13: 978-0688167967</p> | <p>In this bright and colourful book, a young boy tells the story of his Dad who is seriously ill and dies soon after a trip to Florida to see the place where he grew up. The collage style illustrations capture the things the boy collects to remind him of his Dad. A sensitive but honest book which emphasises the importance of memories.</p> |
| <p><i>Fred</i></p> <p>Posy Simmonds</p> <p>Amazon ISBN 978 - 0099264125</p> | <p>Fred's owners, Sophie and Nick, think he is the laziest cat in the world, but who knows what goes on after dark? It's only after their beloved pet dies, that they discover he has been leading an exciting double life.</p> |
| <p><i>Saying Goodbye: A Special Farewell to Mama Nkwelle</i></p> <p>Frances Lincoln</p> <p>Amazon ISBN 13: 978-0711217010</p> | <p>This book has large bright colourful photos and follows a little boy, Ikenna describing what happens at the ceremony after his great-grandmother's funeral. It gives ideas of different ways to remember someone and an insight into Nigerian culture. A lovely book that could be used in many different situations, including schools</p> |

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| <p><i>The Huge Bag of Worries</i></p> <p>Virginia Ironside</p> <p>Amazon ISBN 978-0340903179</p> | <p>Jenny begins to worry about lots of different things and these worries build up and get out of control. She just can't get rid of them, until she meets the old lady next door who helps her feel better. A lovely story with fun illustrations encourages children to talk about their worries.</p> |
| <p><i>The Tenth Good Thing about Barney</i></p> <p>Judith Viorst.</p> <p>Amazon ISBN 978-0689712036</p> | <p>A young boy's cat dies and his parents suggest that he could think of ten good things about Barney to tell at the funeral. But he can only think of nine, until he talks to his father about what happens to someone after they have died, and he discovers the tenth. Sensitively deals with death and lets the reader make his or her own decisions about what happens after the funeral</p> |
| <p><i>The Cat Mummy</i></p> <p>Jacqueline Wilson</p> <p>Amazon ISBN 13: 978-0440864165.</p> | <p>Verity's Mum died the day she was born but she rarely talks about her. Verity doesn't want to upset her Dad or Grandparents. This humorous but sensitive story mainly focuses on Verity's missing cat Mabel but reveals some of the misunderstandings and anxieties children can have about death. It also shows it can be good to be open, honest and to talk about difficult issues</p> |
| <p><i>Milly's Bug Net</i></p> <p>Jill Janey</p> <p>Amazon ISBN 13: 9780953912346</p> | <p>A short, simple story with black and white pictures, of a young girl whose dad has died. It talks about the ups and downs of family life and how things slowly get easier as time goes</p> |
| <p><i>Ways to Live Forever</i></p> <p>Sally Nichols</p> <p>Amazon ISBN 13: 978-1407105154</p> | <p>If I grow up," 11-year-old Sam informs readers, "I'm going to be a scientist." He says "if" because he has acute lymphoblastic leukaemia and knows he probably won't. With the encouragement of his tutor, he start to write a bit about himself, then more, until he is using his writing to sort out his death.</p> |
| <p><i>Luna's Red Hat: An Illustrated Storybook to Help Children Cope with Loss and Suicide (6+)</i></p> <p><i>Emmi Smid</i></p> <p>Amazon ISBN-13: 978-1849056298</p> | <p>Luna's Mum died one year ago and she still finds it difficult to understand why. She feels that it may have been her fault and worries that her Dad might leave her in the same way. Her Dad talks to her to explain what happened and together they think about all the happy memories they have of Mum.</p> <p>This beautifully-illustrated storybook is designed as a tool to be read with children aged 6+ who have experienced the loss of a loved one by suicide.</p> |

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