

## Books and workbooks for children

*For age 3+*

**I Feel Frightened/I Feel Sad/I Feel Angry/It's Not Fair/I'm Worried**  
*all by Brian Mosen*

This series of picture books examines a range of emotions in an amusing but reassuring way, and provides the opportunity for adults to explore with children their feelings and emotions in a non-threatening way.

**Goodbye Mousie** *by Robie H. Harris*

This story is about a little boy coming to terms with the death of his pet mouse. At first he finds it difficult to understand that Mousie is not coming back.

**What Makes Me Happy** *by Catherine & Laurence Anholt*

This rhyming picture explores a range of children's emotions and provides adults with an opportunity to talk with children about their feelings.

*For age 4+*

**The Huge Book of Worries** *by Virginia Ironside*

This story is about a girl who has a big blue bag of worries that follows her everywhere she goes. Finally her Gran notices and together they sort out the worries. The story encourages young children to share their worries with others too.

**I'll Always Love You** *by Hans Wilhelm*

This is a story about a young boy's relationship with his dog and how he takes care of him as the dog gets older and becomes unable to do the things he used to do. It describes how he copes when one day he wakes up to discover his dog has died.

**Badgers Parting Gifts** *by Susan Varley*

When old badger dies his friends think they will be sad forever. Over time they are able to remember Badger with joy and to treasure the gifts he left behind for every one of his friends.

**Scrumpy** *by Elizabeth Dale & Frederic Joos*

This story is about the grieving process a young boy goes through when his pet dog dies.

**Waterbugs & Dragonflies** *by Doris Stickney*

This story, written from a Christian perspective, uses the analogy of the water bugs short life under water and their emergence as dragonflies into the bright sunlight, as a way for children to understand the human's time on earth and what happens when he dies.

**When Dinosaurs Die – A Guide to Understanding Death**

*by Laurie Krasny Brown & Marc Brown*

This picture book provides answers to many of the questions young children have about

the death of a loved one and the feelings associated with bereavement.

**Gentle Willow by Joyce C. Mill** This story about a tender-spirited tree and her friends in the forest can help children to understand about death and dying. It gently addresses feelings of sadness, love, disbelief and anger.

*For age 6+*

**The Accident by Carol Carrick**

This is the story of Christopher whose dog is hit by a car and killed. It describes his sense of guilt and how he comes to terms with his grief.

*For age 7+*

**Geranium Morning by E. Sandy Powell**

This is a story of a young boy whose father dies in a road accident and the friendship he makes with a girl whose mother is dying of cancer. Both children find ways of coping and helping each other.

### More books

**The Goodbye Boat (age 3-7)**

Mary Joslin (1999) Publisher: Lion Publishing

**Gentle Willow. A Story for Children about Dying (age 4-7)**

J.C. Mills (1993) Publisher: Magination Press, New York

**What On Earth Do You Do When Someone Dies? (age 7-11)**

Trevor Romain and Elizabeth Verdick (1999) Publisher: Free Spirit Publishing

**It Must Hurt A Lot. A Child's Book About Death (age 5-9)**

Doris Sandford (1985) Publisher: Multnomah Press

**Waterbugs and Dragonflies (age 4-7)**

Doris Stickney (2004) Publisher: Continuum International Publishing Group

**Helping Children Heal From Loss: A keepsake book of special memories (age 4-12)**

Laurie Van-Si & Lynn Powers (1994) Publisher: Portland State University

**Badger's Parting Gifts (age 5-10)**

Susan Varley (1994) Publisher: Picture Lions

**Charlotte's Web (age 7-11)**

E B White (2003) Publisher: Puffin Books

### Workbooks for Children

**When Someone Very Special Dies: Children Can Learn to Cope with Grief (age 6-12)**

Marge Heegaard (1991) Publisher: Woodland Press, Minneapolis

**Talking With Children and Young People About Death and Dying: A Workbook**  
Mary Turner (1998) Publisher: J. Kingsley, London

**Good Grief: Exploring Feelings, Loss and Death with Under Elevens. A Holistic Approach** Barbara Ward & Associates (1996) Publisher: Jessica Kingsley