

# Grief and Death

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## Resources to help children cope with loss and death

### Preschool/elementary

- [Lifetimes: The Beautiful Way to Explain Death to Children](#) (Brian Mellonie, 1983)
- [The Tenth Good Thing about Barney](#) (Judith Viorst, 1971)
- [It Must Hurt A Lot](#) (Doris Sanford, 1986)
- [I'll Always Love You](#) (Hans Wilhelm, 1985)
- [Someone Special Died](#) (Joan Singleton, 1993)
- [When Dinosaurs Die](#) (Laurie Drasny Brown & Marc Brown, 1996)
- [I Miss You: A First Look at Death](#) (Pat Thomas, 2001)
- [Love You Forever](#) (Robert Munsch, 1986)
- [How I Feel: A Coloring Book for Grieving Children](#) (Alan Wolfelt)

### Elementary

- [When Someone Dies](#) (Sharon Greenlee, 1992)
- [Tear Soup](#) (Pat Schweibert, Chuck DeKlyen, 2005)
- [Help Me Say Goodbye: Activities for helping kids cope when a special person dies](#) (Janis Silverman, 1999)
- [The Fall Of Freddie The Leaf](#) (Leo Buscaglia, 1982)

### Elementary/middle school

- [Badger's Parting Gifts](#) (Susan Varley, 1984)
- [Aarvy Aardvark Finds Hope](#) (Donna O'Toole, 1988)
- [The Next Place](#) (Warren Hanson, 1997)
- [When Something Terrible Happens: Children Can Learn to Cope with Grief](#) (Marge Heegaard)
- [When Someone Very Special Dies: Children Can Learn to Cope with Grief](#) (Marge Heegaard)

### Middle/high school

- [Straight Talk about Death for Teenagers](#) (Earl Grollman, 1993)
- [When A Friend Dies](#) (Marilyn Gootman, 1994)
- [The Grieving Teen: A guide for teenagers and their friends](#) (Helen Fitzgerald, 2000)
- [Healing Your Grieving Heart for Teens: 100 Practical Ideas](#) (Alan Wolfelt, 2001)
- [Fire In My Heart, Ice In My Veins: A Journal for Teenagers Experiencing a Loss](#) (Enid Samuel Traisman)

### Websites

- [Hello Grief](#)—provides a place for teens to share and learn about grief and loss
- [Sesame Street](#)—Grieving as a Family: Finding comfort together

- [The Centering Corporation](#)—a not-for-profit organization dedicated to providing education and resources for the bereaved
- [My Wishes](#)—a booklet written in everyday language that helps children express how they want to be cared for in case they become seriously ill
- [Caring Conversations for Young Adults](#)—provides a starting point for young adults and their families to talk about topics like organ donation, do-not-resuscitate orders, and serious illness
- [The Dougy Center](#)—provides education, training and peer support groups to give children, teens, young adults and their families who are grieving a death a safe and supportive place to share their stories
- [Compassionate Friends](#)--Compassionate Friends offers a nation-wide support group for parents and siblings who have lost a child of any age and for any cause. This website offers resources for teens including an online support community.