

# Building Bridges for Kids

## Loss and Grief

### Conversation starters and tips

- Take time to contemplate how you approach grief
- Balloon conversation (see activity sheet)
- Acknowledge feelings as normal and healthy
- Everyone responds to loss in their own way
- Be as honest as possible without sharing too much information

### Picture Books

[An Ordinary Day](#) by Elana K. Arnold

[I'll Be the Water: A Story of Loss, Grief, and a Grandparent's Love](#) by Alec Aspenwall

[A Stone for Sascha](#) by Aaron Becker

[Big Cat, Little Cat](#) by Elisha Cooper

[When Sadness Is at Your Door](#) by Eva Eland

[Crying is Like the Rain: A Story of Mindfulness and Feelings](#) by Heather Feinberg

[When You Need Wings](#) by Lita Judge

[The Rough Patch](#) by Brian Lies

[My Big, Dumb, Invisible Dragon](#) by Angie Lucas

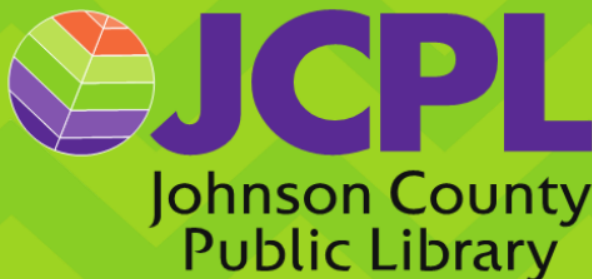
[Addy's Cup of Sugar: Based on a Buddhist Story of Healing](#) by Jon Muth

[The Goodbye Book](#) by Todd Parr

[Memoirs of a Tortoise](#) by Devin Scillian

**Join us March 24th, 6:00-7:00 p.m.**

**Trafalgar Branch, Topic: Anxiety**



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## Grief and Loss

### Resources for Grownups

- Speaking of Psychology: Children, loss and stress <https://www.apa.org/research/action/speaking-of-psychology/children-loss>
- Ask a Mortician <https://www.youtube.com/watch?v=0gUOP9IvZew>
- Talking to children about Death and Dying <https://www.harleytherapy.co.uk/counselling/talking-to-children-about-death-and-dying.htm>
- A Grief Counselor on Talking to young children about death <https://longestshortesttime.com/a-grief-counselor-on-talking-to-young-children-about-death/>
- Stopping the clock: breathwork for grief <https://diasporicsoul.com/2020/07/08/breathwork/>

### Additional Books

- [What Happens When a Loved One Dies?: Our First Talk about Death](#) by Jillian Roberts J 306.9 RO
- [One Wave at a Time: A Story about Grief and Healing](#) by Holly Thompson J 155.937 THO
- [Life Is Like the Wind](#) by Shona Innes J 155.937 INN
- [Something Very Sad Happened: A Toddler's Guide to Understanding Death](#) by Bonnie Zucker J 155.937
- [Brave in the Woods](#) by Tracy Holczer (upper elementary fiction)
- [It's OK that you're not OK](#) by Megan Devine (adult non-fiction)

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