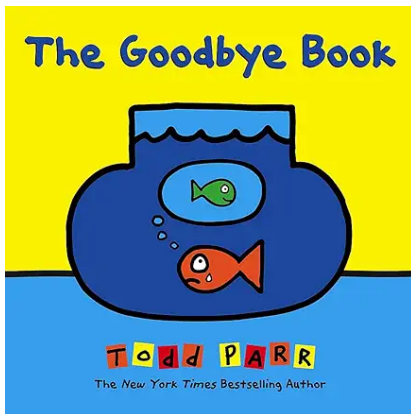




We turned to the counsellors and expressive arts therapists who work with Lumara asking if they had any recommendations for books a teacher (as well as parents and other caregivers) might find helpful to have in their classroom when it comes to supporting grieving children.

We prompted for story-time books that are either:

- **Grief-focused:** main aspect of the book is related to grief and loss OR
- **Grief-informed:** connects with topics such as emotions, self-regulation, mindfulness, resilience, inclusion, safety, mattering – all in service of being human and navigating the ups and downs of life.



Grief-Based Books for Use in Your Classroom

Integration ideas and activities for:

The Goodbye Book

(A Grief-informed book, ages 3+)

As a **grief-informed book**, the intention of the book and integration activities is to assist children in:

- Identifying and amplifying the child's protective factors, including supportive people and places in their lives.
- Naming and working with their emotions.
- Experiencing a place/space of belonging amongst the changes and transitions that may be unfolding in their lives.

On the Lumara website you will find a video that contains a synopsis of this book, what we like about the book, who we think is best served by this book (including any cautions), as well as suggestions for how to integrate the book into your classroom.

Here's a summary of those suggestions:

- ❖ Writing a good-bye letter.
 - ❖ Express love for your person and share favourite memories.
 - ❖ Letter template can be found on page 49 and prompts for memories on page 45 of this digital download which includes the worksheets that accompany the activities found in *Morrissey's The Companioning the Grieving Child Curriculum Book: Activities to Help Children and Teens Heal*.
https://www.centerforloss.com/wp-content/uploads/2016/04/Worksheets_Final.pdf
 - ❖ You can put the letter in the mail:
 - ❖ to their new address if they've moved.
 - ❖ if they've died, you can leave it unaddressed or put it in a special place.

- ❖ Make your own terrarium in an empty fishbowl.
 - ❖ Fill it with things from nature to create your own ecosystem.
 - ❖ Or fill it with things that you think are beautiful.
 - ❖ Prompts:
 - ❖ Creating a space you think your loved one would have appreciated.
 - ❖ Parallel between tending to the terrarium and tending to your self-care.
 - ❖ Value of creating a quiet space.

Other resources related to Grief and Loss in the Classroom can be found on the Lumara website.

Lumara is a charitable organization that helps children, youth, adults & families cope with serious illness, grief, and bereavement. Through education, support, and counselling services we bring light to grief and sorrow, nurturing healing and hope within the strength of community. We also provide educational services to organizations and institutions

<https://lumarasociety.org/> or contact info@lumarasociety.org