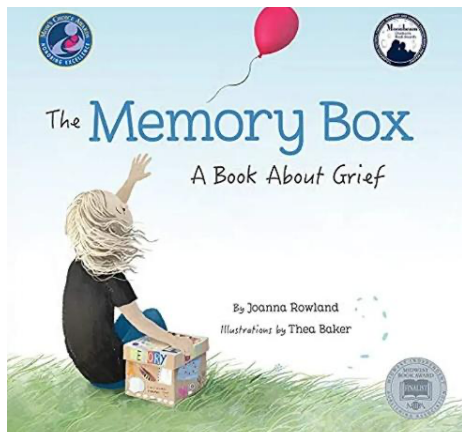




We turned to the counsellors and expressive arts therapists who work with Lumara asking if they had any recommendations for books a teacher (as well as parents and other caregivers) might find helpful to have in their classroom when it comes to supporting grieving children.

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 Memory Box

(A Grief-focused book, ages 6+)

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

- The intentionality of remembering, creating legacy, and continuing the bonds with the person who has died.
- Building self-regulation capacity in a way that feels comforting and safe.

It also supports adults with helpful language to talk about death and loss and to navigate the landscape of grief including supporting a child's sense-making process.

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:

- ❖ Create a memory box as illustrated in the book.
 - ❖ Get the process started in class by making the box using collaging, drawing, colouring, etc.
 - ❖ Write memories down on a piece of paper or create/collect items to begin to fill the box.
 - ❖ Connect with the child's caregivers so that the child can continue to add to the box in the safety of their home space. We caution against encouraging children to bring sentimental keepsakes to class because they might get lost or damaged.

- ❖ Collect information about a favourite place that reminds the child of their significant person.
 - ❖ Facilitate a guided visualization around visiting that favourite place. If guided visualizations are new to you, many can be searched online and are available for free. There are two examples available on this page from Kids Help Phone.
<https://kidshelpphone.ca/get-info/practise-meditation-mindfulness-with-these-tips>
 - ❖ Mindfulness practices, like guided visualizations, can help to build self-regulation capacity by accessing memories in a way that feels comforting and safer.

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