



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.

THE RABBIT LISTENED

NEW YORK TIMES BESTSELLER



CORI DOERRFELD

Grief-Based Books for Use in Your Classroom

Integration ideas and activities for:

The Rabbit Listened

(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 through 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:

- ❖ Read the book with a stuffed rabbit on hand. (Could be passed around.)
- ❖ Follow-up game to play:
 - ❖ Jenga set, paint some of the blocks different colours.
 - ❖ Assign a theme/question for each colour. Example questions for Jenga can be found on page 51 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
 - ❖ As coloured blocks are pulled, ask the theme/question.
 - ❖ E.g. purple could be someone you trust, green could be some place safe you go.
- ❖ Art Activity: Identifying who the support people are in your life.
 - ❖ Handout colouring page with blank balloons or flowers, etc.
 - ❖ The rabbit listens – who listens to you in your life?
 - ❖ Real, fictional, or in nature.
 - ❖ Fill in spaces on the colouring page.
 - ❖ A balloon colouring template and handout of comforting adults can be found on pages 69 and 70 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

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://lumasociety.org/> or contact info@lumasociety.org