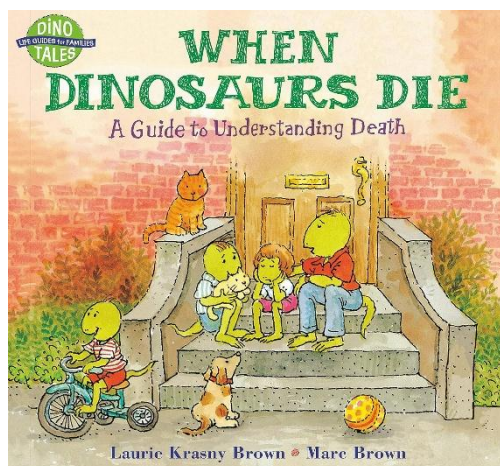




We turned to the counsellors and expressive arts therapists who work with Lumara asking if they had any recommendations for books a teacher (as well as parents and other caregivers) might find helpful to have in their classroom when it comes to supporting grieving children.

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:

When Dinosaurs Die: A Guide to Understanding Death

(A Grief-focused book, ages 4+)

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. **Please note we recommended this book for one-on-one or small group interaction with a young person(s) directly impacted by death. (Not for large group reading.)**

Here's a summary of our integration activity suggestions:

- ❖ This book covers a variety of ways someone might die, and ways communities mourn. Highlight what is relevant for the child's context and invite conversation.
- ❖ Invite drawing and stories for deeper exploration of the many topics outlined in the table of contents. Examples:
 - ❖ Flip to page 10. Draw a picture of a body and discuss/answer questions about the function of the brain, lungs, heart, etc.
 - ❖ Flip to page 18. Explore the different ideas that kids in the classroom have around what is and isn't helpful and ask the child about what they have experienced as helpful and unhelpful with friends and family since the death. Encourage writing and drawing to support the conversation.

A template around the acknowledgment of the death and what is helpful can be found on page 17 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

- ❖ Flip to page 28. Invite conversation about what happens after death. Write down words, draw pictures, use toys or sand trays, etc. to support this exploration. Example questions children usually have about death can be found on page 8 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