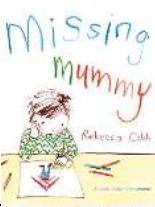
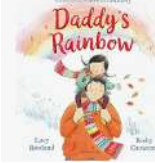
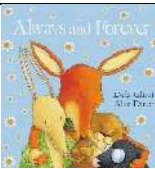
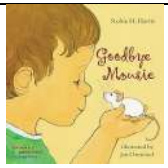
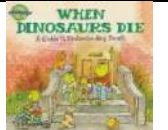
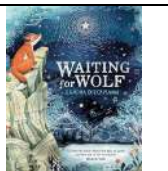


Simon Says - Recommended Booklist- 2024

Please note that these books are in broad age categories, but every child and developmental stage is different especially in relation to bereavement and grief. An older child who has had very little experience with death and grief might benefit from looking through a comforting picture book for example. By and large, (with one major exception we'll come to later, see highlighted below) children can accept and gain a lot from a story about a grandmother dying when they may have had a father die, or a story about an animal, when it has been a cousin who died. They will appreciate a parent or carer helping to make the links ('this is a bit like what happened to Mummy, isn't it?'...) If, however, the child has become very anxious about the surviving parent dying, it may be best to use stories about a mother's death if a mother has died and so on.

EYFS/KS1

	<u>Why do things die?</u>- Katie Daynes A beautiful and gentle lift-the-flap book that looks at the circle of life, using animals characters to explore the emotions and facts around death, with questions such as Is it ok to talk about dying? What happens when someone dies? Can I shout and cry and hide away? and How can I stop feeling sad? Chinese Version available. Factual
	<u>The Colour Monster</u>-Anna Llenas One day, Colour Monster wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour.
	<u>Missing Mummy: A book about bereavement</u>- Rebecca Cobb This book explores the many emotions a bereaved child may experience. And importantly, the book also focuses on the positive – the recognition that the child is still part of a family, and that his memories of his mother are to be treasured.
	<u>Daddy's Rainbow</u>- Lucy Rowland Erin's daddy sees the colour in everything. Even on the greyest days, they put on their wellies and go splashing in puddles because, Daddy says, 'We can't see rainbows without rain!' But what happens when the greyest day of all comes, and Daddy isn't there any more? This deeply sensitive picture book about the loss of a parent is the ideal starting point for conversations about love, loss and learning to live again.
	<u>Always and Forever</u>- Alan Durant When Fox dies the rest of his 'family' are absolutely distraught. How will Mole, Otter and Hare go on without their beloved friend? But, months later, Squirrel reminds them all of how funny Fox used to be and they realise that Fox is still there in their hearts and memories.
	<u>The Invisible String</u>- Patrice Karst This heart-warming story delivers a very simple approach to overcoming the fear of loneliness or separation from parents. Specifically written to address children's fear of being apart from the ones they love.

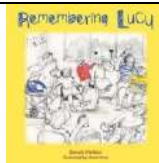
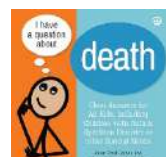
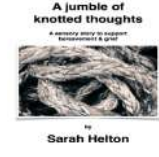
	<u>The Hare-Shaped Hole</u>- John Dougherty When Hertle the Hare dies, Bertle can only see a Hertle-shaped hole where his friend should be. He pleads with it, get angry with it, but the hole still won't bring his Hertle back. It seems like hope is lost... until Gerda the kindly bear finds him. She explains that he must fill the hole with his memories of Hertle. And slowly... Bertle begins to feel a little bit better.
	<u>Goodbye Mousie</u>- Robie H. Harris One morning a boy finds that his pet, Mousie, won't wake up. The truth is Mousie has died. At first the boy doesn't believe it. He gets very mad at Mousie for dying, and then he feels very sad. But talking about Mousie, burying Mousie in a special box, and saying good-bye helps this boy begin to feel better about the loss of his beloved pet.
<u>KS1/KS2</u>	
	<u>When Dinosaurs die: A Guide to Understanding Death</u>- Laurence Krasny Brown and Marc Brown The authors explain in simple language the feelings people may have regarding the death of a loved one and the ways to honour the memory of someone who has died. Factual
	<u>A Shelter for Sadness</u>- Anne booth A small boy creates a shelter for his sadness, a safe space where Sadness is welcome, where it can curl up small, or be as big as it can be, where it can be noisy or quiet, or anything in between. The boy can visit the shelter whenever he needs to, every day, sometimes every hour, and the two of them will cry and talk or just sit, saying nothing. And the boy knows that one day Sadness may come out of the shelter, and together they will look out at the world, and see how beautiful it is. Beautifully illustrated!
	<u>The Memory Tree</u>- Britta Teckentrup Fox has lived a long and happy life in the forest, but now he is tired. He lies down in his favourite clearing, and falls asleep for ever. Before long, Fox's friends begin to gather in the clearing. One by one, they tell stories of the special moments that they shared with Fox.
	<u>Grandad's Island</u>- Benji Davis The story deals with the emotional topic of losing a grandparent. Subtly told, this beautifully illustrated book tackles a difficult subject with great sensitivity and depth for children dealing with grief in EYFS or KS1.
	<u>Waiting for Wolf</u>- Sandra Dieckmann Fox and Wolf spend all their perfect days together - talking and laughing for hours, swimming together in the big blue lake, and watching the stars come out, one by one. Until one day, Wolf is gone. A beautiful and moving picture book about learning to carry on after the death of a loved one.
	Sudden deaths- <u>Someone has died suddenly</u>-Mary Williams Acclaimed picture book for children to read with their carer when someone has died suddenly. This book provides simple explanations of what happens after a sudden death, in language that children can easily understand. Click on the link below to download and read this book online. Factual https://sudden.org/support-literature/ <i>There is a supporting book for parents/carers that is also downloadable</i>
	<u>The Secret C: Straight Talking About Cancer (2nd Revised Edition)</u>- Julie Stokes When a family member has cancer it is hard for everyone to understand. It can be particularly difficult when a parent or carer faces the challenge of trying to explain to their child what cancer means and how it may affect their family. This booklet is aimed at supporting parents or carers with this task and encourages open communication and questions about cancer within the family. It is aimed at children aged 7 to 10 years.

	<u>Vicky Angel</u>- Jacqueline Wilson Jade is used to living in the shadow of her best friend, Vicky. Vicky's sparkly, hilarious and full of life. And, she's certainly not going to let a small thing like being dead stop her from living life to the full. But as Jade attempts to move on, Vicky is determined to make her presence felt. 9-12 Yrs
	<u>Sad Book</u>- Michael Rosen Michael Rosen talks of his sadness after the death of his son. A personal story that speaks to adults and children. Minimal text with moving illustrations. KS2/Teens

An Exception-While most books about who died can be interchanged (cats for grannies etc), there is one exception. If a mother has died by suicide, it may well raise too many questions and anxieties to read a story book about a father dying this way – and vice versa. But there are two good books written for 4-8 year olds about the suicide of a parent. Firstly, ***Luna's Red Hat by Emmi Smid*** deals gently about a mother's death by suicide and, secondly, ***The Little Flower Bulb by Eleanor Gormally*** does the same about a father's death.

	<u>Luna's Red Hat</u>- Emmi Smid This beautifully illustrated storybook is designed as a tool to be read with children aged 6+ who have experienced the death of a mother by suicide.
	<u>The Little Flower Bulb</u>- Eleanor Gormally The Little Flower Bulb tells the story of Jamie, his mum, and his twin sisters, and of how Jamie comes to deal with the death of his father. Suitable for children aged 3-10, this beautifully illustrated book will be helpful for parents when talking to children bereaved by the suicide of a father.

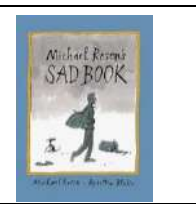
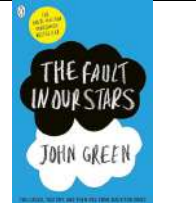
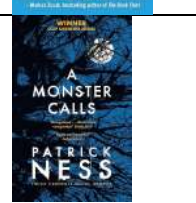
SEND

	<u>Remembering Lucy</u>- Sarah Helton Children with SEND (special educational needs and disabilities) often experience grief at a much younger age than other children. This touching short story will help children with SEND aged 3+ understand feelings caused by death and loss in a simple and clear way. The book is set in an SEN school.
	<u>I have a question about death</u>- Arlen Grad Gaines and Meredith Englander Polsky Death is a difficult topic for any parent or educator to explain to a child, perhaps even more so when they are autistic or have other special needs. This book is designed specifically to help children with these additional needs to understand what happens when someone dies. It is presented with very clear symbols and text with an additional social story at the end *we highly recommend this book* Factual
	<u>A Jumble of Knotted Thoughts</u>- Sarah Helton A Jumble of Knotted Thoughts is written for children with Special Education Needs and Disabilities (SEND) or for younger children. This is a simple script (no pictures) to help children process a death and manage the motions of bereavement and grief. Each line of the story is supported with a sensory activity or action, using everyday objects (not included with the book) Factual

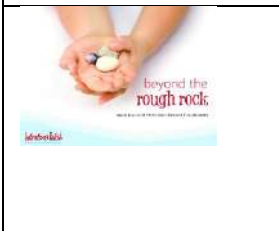
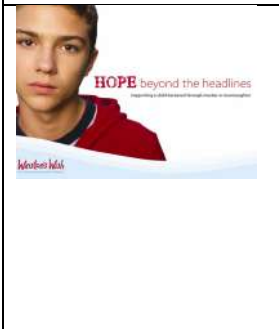
Activity Books

	<u>Muddles, Puddles and Sunshine</u>- Winston's Wish This activity book offers invaluable practical and sensitive support for bereaved younger children. It aims to help children make sense of their experience by reflecting on the different aspects of their grief. At the same time, the book manages to find a balance between remembering the person who has died and having fun. Primary Aged Children
	<u>Remembering Me</u>- Child Bereavement UK Part book and part scrapbook, Remembering was created to help keep a child's memories alive after the loss of someone special and to give children a place to return to whenever they wish. It was highly recommended by Richard & Judy. Primary Aged children https://www.childbereavementuk.org/shop/remembering-book
	<u>Someone I know has died</u>- Child Bereavement UK An innovative activity book with many unusual and interactive features, written for bereaved children to help them understand what it means when someone dies and to explore their thoughts and feelings with an adult. Although designed with primary-aged children in mind, some older children may also enjoy this book. Primary aged children https://www.childbereavementuk.org/shop/someone-i-know-has-died-book
	<u>Out of the Blue</u>- Julie Stokes & Paul Oxley This book has been written and designed specifically for teenagers with aim of supporting them through their bereavement using a range of activities. Narrated throughout by teenagers words and stories, the book talks openly about the real feelings they may struggle with when someone important in their life dies. Secondary aged children

Teen Support 11+

	<u>Bereavement Support for Young People</u> – Simon Says A free downloadable booklet for young people 11+ and those working with young people. It covers topics such as the importance of friends and relationships, emotional energy, strategies working with YP and comments made by bereaved teenagers.
	<u>Tough Stuff Journal</u> - Pete English Designed in free form for a bereaved young person to work through on their own or with a trusted adult, this journal asks questions and invites the young person to express feelings and emotions that are otherwise difficult to articulate. Useful for schools, youth leaders, parents or anyone working with a bereaved child or young person from 9 to 13 years old. https://www.ataloss.org/shop/tough-stuff-journal-someone-has-died
	<u>Sad Book</u>- Michael Rosen Michael Rosen talks of his sadness after the death of his son. A personal story that speaks to adults and children. Minimal text with moving illustrations. KS2/Teens
	<u>When a Friend Dies: A book for teens about grieving and healing: A Book for Teens About Grieving & Healing (Updated 3rd Edition)</u>- Marilyn E Gootman The death of a friend is a wrenching event for anyone at any age and can spark feelings that range from sadness to guilt to anxiety. Teenagers especially need help coping with grief and loss. This sensitive book answers questions grieving teens often have, like How should I be acting? How long will this last? and What if I can't handle my grief on my own? Older Teens/further Education
	<u>Out of the Blue</u>- Julie Stokes & Paul Oxley This book has been written and designed specifically for teenagers with aim of supporting them through their bereavement using a range of activities. Narrated throughout by teenagers words and stories, the book talks openly about the real feelings they may struggle with when someone important in their life dies.
	<u>The Fault in our Stars</u>- John Green Young adult fiction sometimes deals with death or anticipated loss. Despite the tumour-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. 14-16 Years.
	<u>A Monster Calls</u>- Patrick Ness This book, recently made into a film, tells the powerful and painful story of a 16 year old boy as his mother grows more sick and eventually dies and the boy's connection to a wild tree that comes to embody his fears and rage. 12+ Years
	<u>Apart of Me</u> is a game designed to help young people cope with the death of someone. It has been nominated for many awards and has been featured on BBC Breakfast, ITN and Channel 5. https://www.apartofme.app/
	<u>Nelsons Journey</u>-An interactive tool developed by a charity based in Norfolk UK. to record memories, make online memory jar, and write thoughts, feelings and emotions. Also includes tips on how to manage emotions such as anger, confusion, guilt, loneliness, etc. The app was funded by BBC Children in Need, YP would need a smart phone to access it. https://www.ataloss.org/faqs/nelsons-journey-app-smiles-and-tears

Guides for families & Professionals

	<u>What can I say? What can I do?</u>- Simon Says A free downloadable booklet for families and professionals when a person is seriously ill. It covers topics such as how/when/who should tell children difficult news, how children may react and how best to support them.
	<u>Bereavement Support</u>- Simon Says A free downloadable booklet on bereavement advice for supporting children and young people. Topics covered include; what grief can feel like, how much children understand, questions they may ask, how to control anger safely and treasuring memories.
	<u>As big as it gets</u>- Winstons's Wish Supporting a child when a parent is seriously ill. This booklet provides a range of ideas for parents and carers so that they feel able to involve their children in what is happening. https://shop.winstonswish.org/products/as-big-as-it-gets
	<u>Beyond the Rough Rock</u>- Winston's Wish Supporting a child who has been bereaved by suicide. Explaining to a child that someone has died by suicide is possibly one of the most difficult situations that a parent or carer might ever face. This specialist book offers practical advice for families in the immediate days and weeks following a death by suicide. https://shop.winstonswish.org/products/beyond-the-rough-rock
	<u>Hope beyond the Headlines</u>- Winston's Wish Supporting a child bereaved through murder or manslaughter. This specialist book offers practical advice for families in the immediate days, weeks and months following a murder. It is written for both parents and professionals, giving them the confidence to involve children and young people in understanding and managing the particular difficulties and complexities that so often surround a death by murder or manslaughter. The booklet includes child-friendly activities to do with children or as a family to help them to make sense of what has happened and to begin to express their grief. https://shop.winstonswish.org/products/hope-beyond-the-headlines
	<u>Never too young to Grieve</u>- Winston's Wish Supporting bereaved children under five. This specialist book is designed for parents, carers, childcare professionals and other adults supporting children under five who have experienced the death of a parent or carer. It offers information and ideas as well as activities to help young children following a bereavement and covers a range of issues that may affect a child when their parent dies. https://shop.winstonswish.org/products/never-too-young-to-grieve
	<u>We all Grieve</u>- Winston's Wish Supporting bereaved children with SEND. This book is designed for parents, carers, educational professionals and other adults supporting children and young adults with SEND who have experienced the death of someone close to them. It offers information, practical suggestions and ideas for activities, as well as where to find other support. https://shop.winstonswish.org/products/we-all-grieve