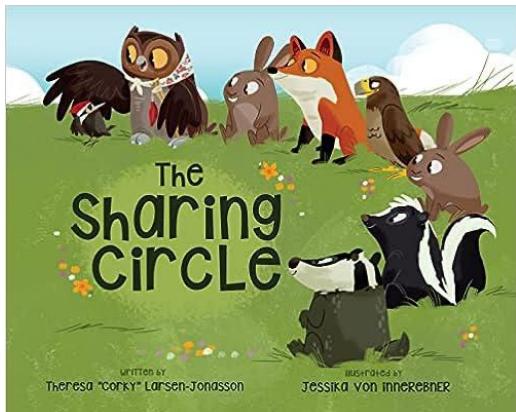




We turned to the counsellors and expressive arts therapists who work with Lumara asking if they had any recommendations for books a teacher (as well as parents and other caregivers) might find helpful to have in their classroom when it comes to supporting grieving children.

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 Sharing Circle

(A Grief-informed book, ages 7+.)

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:

- ❖ Create a talking piece/talking stick (as used in the book.)
 - ❖ Can be decorated in a meaningful way. Consider incorporating pieces of nature.
 - ❖ Have a sharing circle.
- ❖ Inventory of Support and Appreciation of Others.
 - ❖ Question Prompts: Who are the adults in your life that offer support and guidance? Where are places you feel safe to express your feelings?
 - ❖ A template to explore the appreciation of others can be found on pages 71-72 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
- ❖ Visit <https://classroom.medicinewheel.education/> for resources associated with this book and other books in this series.

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