



Hello,

Thank you for your interest in offering a peer support group for those who are grieving. Based on our Jessica's House School Groups model, we hope this packet can provide a foundation for the group you facilitate.

The information below includes suggestions for how to structure and facilitate your group. Please reach out to us if you have any questions. We are here to help.

Basic Information:

Eligible participants are those who have experienced the death of a person in their life. Losses could include a family member, caregiver, or friend. This person may have been a part of their daily life or impacted their lives. We always allow the participants to teach us about the person who died and the connection they shared with them.

Groups meet for 45-60 minutes. The participants involved can be a mixture of ages and types of loss. We find that a small peer group of 8-10 participants is an ideal size. We also recommend that at least two adults facilitate the group, depending on the number of participants.

Group Format:

Participants arrive at the group and "sign in" on a sheet of paper. The sign-in sheet helps track participants who attended that day. Prepare the room ahead of time with fidgets or a game they can play while everyone arrives for the first few minutes. A blank sheet of paper for them to draw on or a journal is also a great alternative.

Review the group guidelines 'This is How We Roll' every week. Participants will use the Check-In Sheet to tell the group the following information:

1. Their name
2. Their age
3. The name of the person who died
4. How they are feeling today
5. Question of the day. This question might or might not be related to the loss of their person. Questions can be general, such as their favorite type of ice cream, or share a memory of their favorite activity to do with the person who died.

A simple movement activity such as light stretching after check-in is essential for moving emotions through bodies. Please see the packet for more ideas.



Depending on the age, the participants may wish to read a book together and discuss feelings and thoughts surrounding their grief, fear, worries, etc. Please see the packet for a list of books you can incorporate.

After reading the book, transition to the art invitation. We recommend giving participants the freedom to express themselves uniquely. Individual expression allows for authentic grief work. We have included samples of the art projects so you can offer a visual idea if the participant prefers.

After the art invitation, invite participants to share the expressive activity with their group if they wish. We honor the 'I Pass' rule and never require anyone to share. We include discussion questions at the end of each activity. Offer the choice for them to take their art home or leave it behind.

We end groups standing in a circle with a closing question: "What are you looking forward to between now and the next time we get together?" Asking this question helps the participants return to a lighter mood and prepares them emotionally to continue their day. To finish, pass a hand squeeze, do the wave, or give an air high-five across the group.

If you have concerns about a participant's well-being, please follow your program's safety procedures regarding reporting and supporting the participant. These resources are provided for use and at your discretion. Jessica's House assumes no responsibility for the use of these resources within your program.

Families are welcome to participate in free services at Jessica's House for additional support. Please provide any interested families with our contact information: Main line: (209) 250-5395 or E-mail: info@jessicashouse.org.

We hope you find these resources helpful, and please don't hesitate to contact us if you have any questions about facilitating your peer grief support group.

Sincerely,

Colleen Montague, LMFT

Director of Outreach and Education

(209) 250-5395

www.jessicashouse.org



Content Included in This Packet

Introduction Letter

Supply List

Week 1 – Anger Crumple

Art Sample

Week 2 – Five Senses of Our Memories

Art Sample

Week 3 – Help Your Worries Fly Away

Art Sample

Week 4 – This or That

Week 5 – Naming Your Dragons

Art Sample

Week 6 – Personal Raincloud

Art Sample

Week 7 – What Would the
Tombstone Say

Art Sample

Week 8 – Inside-Outside Mask

Art Sample

Week 9- Watercolor Butterflies

Art Sample

Week 10-Sympathy Card

Art Sample

Week 11-Waves of Grief

Art Sample

Week 12- A Letter to Your Person

Art Sample

Additional Resources

Today I Feel

This is How We Roll-Younger Participants

This is How We Roll-Older Participants

Starburst Game

Recommended Book List



Supply List

(Some supplies used for multiple activities)

- Pencils
- Colored pencils
- Pens
- Crayons
- Sharpies-thin and regular
- Markers-thin and regular
- Scissors
- White paper
- Colored paper
- White cardstock paper
- Variety of stickers
- Paint brushes
- Watercolors
- Watercolor paper
- Watercolor pencils
- Lined paper
- Envelopes
- Face outline handout (or a plastic mask if preferred)
- Dragon outline handout
- Book *You've Got Dragons* by Kathryn Cave
- Waves handout
- Tombstone handout
- Starbursts

Art Invitation

Anger Crumple

Materials:

A piece of paper and crayons

Directions:

Question of the Day: What helps you to calm down when you are angry?

Priming:

As a group, talk about what made you angry after the person died.

Art:

- Hold your piece of paper in your hand. Close your eyes and think of a time when your anger is small. Breathe in, and as you breathe out, CRUMPLE the paper into a ball. Smoosh it hard!
- Choose a crayon color representing this little thing that angers you. Color in all the parts of your crumpled ball that you can see. (Play music for this part: "With or Without You" by The 2 Cellos). When you are finished, smooth out your paper.
- Repeat the process and think of a time your anger feels bigger, using a different color.
- Repeat the process again and think of a time your anger feels overwhelming, using a different color for each.

Movement Activity 1:

We are going to do the same with our bodies that we just did with the paper. This can be done sitting or standing.

- Stretch our bodies out wide – our arms, hands, legs, and feet. Imagine your body is the paper. Breathe in and think of your small anger. Breathe out and crumple like the paper.
- Now stretch out and take a deep breath in and out.
- Repeat for your bigger anger and again for your overwhelming anger, trying to make your movements and breaths bigger each time.

Movement Activity 2:

- Name emotions of grief (such as anger, frustration, fear, disappointment, and regret).
- Pick one emotion to put a gesture to and show the group. The group repeats the gesture back to the speaker.

Questions for Group Discussions and Journal Prompts:

1. What is something that made you angry since your person died?
2. What does your body feel like when you are angry?
3. How can you express your anger in a safe way?





Art Invitation

5 Senses of Our Memory

Materials:

Pencil, colored pencils, and blank white paper

Directions:

Question of the Day: What is a smell that reminds you of the person who died?

Priming:

Talk about your favorite things to do with the person who died. Is there a memory that stands out when you think of them?

Movement:

Hand-tracing breathing activity:

- Hold your hand in front of you. With one finger from your other hand, slowly trace up your thumb, starting at the wrist, while taking a slow, deep breath in. When you reach the top of your thumb, hold your breath for 7 seconds, then trace down the other side of your finger while slowly breathing out. Repeat this pattern with your whole hand. Try to focus on breathing in for 4 seconds, holding for 7 seconds, and breathing out for 8 seconds.

Art:

Think about your memory of the person who died and the five senses you experienced. What did you see, hear, smell, feel, and taste?

Trace your hand on the paper.

- Write or draw your memory of the person who died in your traced palm.
- Write or draw each of the five senses from your memory on your five fingers.
- Share with the participants: "I can hold this memory of the person who died in my hand."

Questions for Group Discussions and Journal Prompts:

1. What did you hear, taste, smell, see, or feel in your memory?
2. Would you change anything about your memory?
3. What do you want to hold onto with this memory?



I heard my mom's laughing

I smelled the turkey cooking in the oven

I felt my mom's love through her cooking.

I tasted pumpkin pie. My mom's was the best.

I saw leaves falling.

Happy Thanksgiving





Art Invitation

Help Your Worries Fly Away

Materials:

Blank paper, crayons, colored pencils, or markers.

Directions:

Question of the day: What is a big and little worry you have?

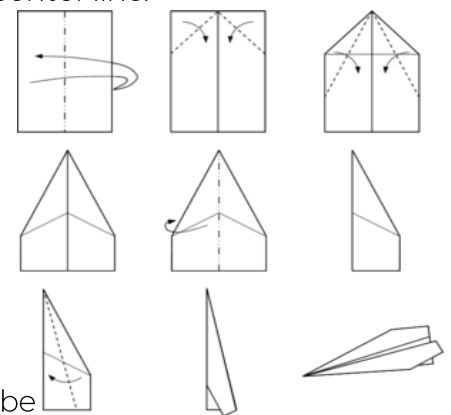
Priming:

Using a blank piece of paper and crayons, write the word "worry" in a font that looks "worried."

Art:

Write down or draw a picture of your worries on another blank piece of paper.

- Common worries in grief may be:
 - "I worry someone else might get sick."
 - "I worry I might always feel sad."
 - "I worry my friends won't understand what I'm going through."
- Take your paper with worries and create a paper airplane.
 - Fold the paper in half vertically.
 - Unfold the paper and fold each of the top corners into the center line.
 - Fold the top edges into the center line.
 - Fold the plane in half toward you.
 - Fold the wings down, matching the top edges up with the bottom edge of the body.
 - Add double-stick tape to the inside of the body.
 - Once you are done creating your airplane, see how far your worries can fly when you throw the airplane. What helps the plane fly higher or farther?
 - Talk about what helps your worries fly away. Examples could be talking to a friend, taking deep breaths, being outdoors, etc.



Questions for Group Discussion and Journal Prompts:

1. How did it feel to throw your airplane and release your worries?
2. What helps you feel better when you are worried?
3. Who is someone you can talk to when you are feeling worried?



I worry I might
always feel sad.

WORRY

I worry someone else might
get sick.



Art Invitation

This or That

Materials:

None

Directions:

Question of the Day: What is something you wish others knew about your grief?

Art:

It helps to know you're not alone in your grief. Find out what commonalities you share with your group. The group will split in half onto two sides of the room. The leader will share a pair of words or phrases and assign a side of the room to each word or phrase. When you hear the pair, walk over to the side that you prefer or agree with. The process is repeated several times.

Do you prefer:

- beach/snow
- hot dogs/hamburgers
- read a book/watch TV
- hang out with friends/spend time with family
- play sports/play video games
- cats/dogs

Grief-related word pair choices:

- I mostly feel angry/I mostly feel sad
- When I'm sad: I talk with friends/talk with family
- I mostly feel anxious/I mostly feel lonely
- I prefer talking/I prefer listening
- I like to talk about my person who died/I don't like to talk about my person who died
- I like to be around other people/I like to be alone
- I have lots of friends/I have very few friends

Deeper Questions for older groups

- I attended the funeral/I did not attend the funeral
- I have visited their grave/I have not visited their grave
- I got to say goodbye to the person/I did not get to say goodbye to the person
- I felt guilty after the person died/I have not felt guilty after the person died

Questions for Facilitator and Parent/Guardian:

1. What was it like to see other people's reactions to different questions?
2. What choices were hard for you to choose between?
3. What choice were you surprised you had the most in common with others?



Art Invitation

Naming Your Dragons

Materials:

Blank dragon outline worksheets, blank sheets of white or colored construction paper, markers, colored pencils, crayons, pencils, book *You've Got Dragons* by Kathryn Cave

Directions:

Question of the Day: What color are your emotions?

Priming:

Read the book "You've Got Dragons."

- What emotions resonate with you?
- What emotions might you have after someone dies? (Guilt, anxiety, worry, etc.)

When you can recognize an emotion you are feeling, you can "name it to tame it." Once you are aware of how you're feeling and name it, you'll know what coping skills to use to help you feel better.

Art:

- Decorate your dragon worksheet to illustrate your "dragons," how they appear to you, and what emotions are brought to life.
- Discuss your most common "dragons."
- What helps you face your "dragons?" Remember that naming your "dragons" is the first step to helping you to feel better.

Questions for Group Discussions and Journal Prompts:

1. Tell me about your dragons.
2. What helps you slay your dragons?
3. What emotion is hardest for you to name?
4. What helps you to stay calm when facing your dragons?



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Naming My Dragons

My Dragons...



Safe Ways to Handle Them:

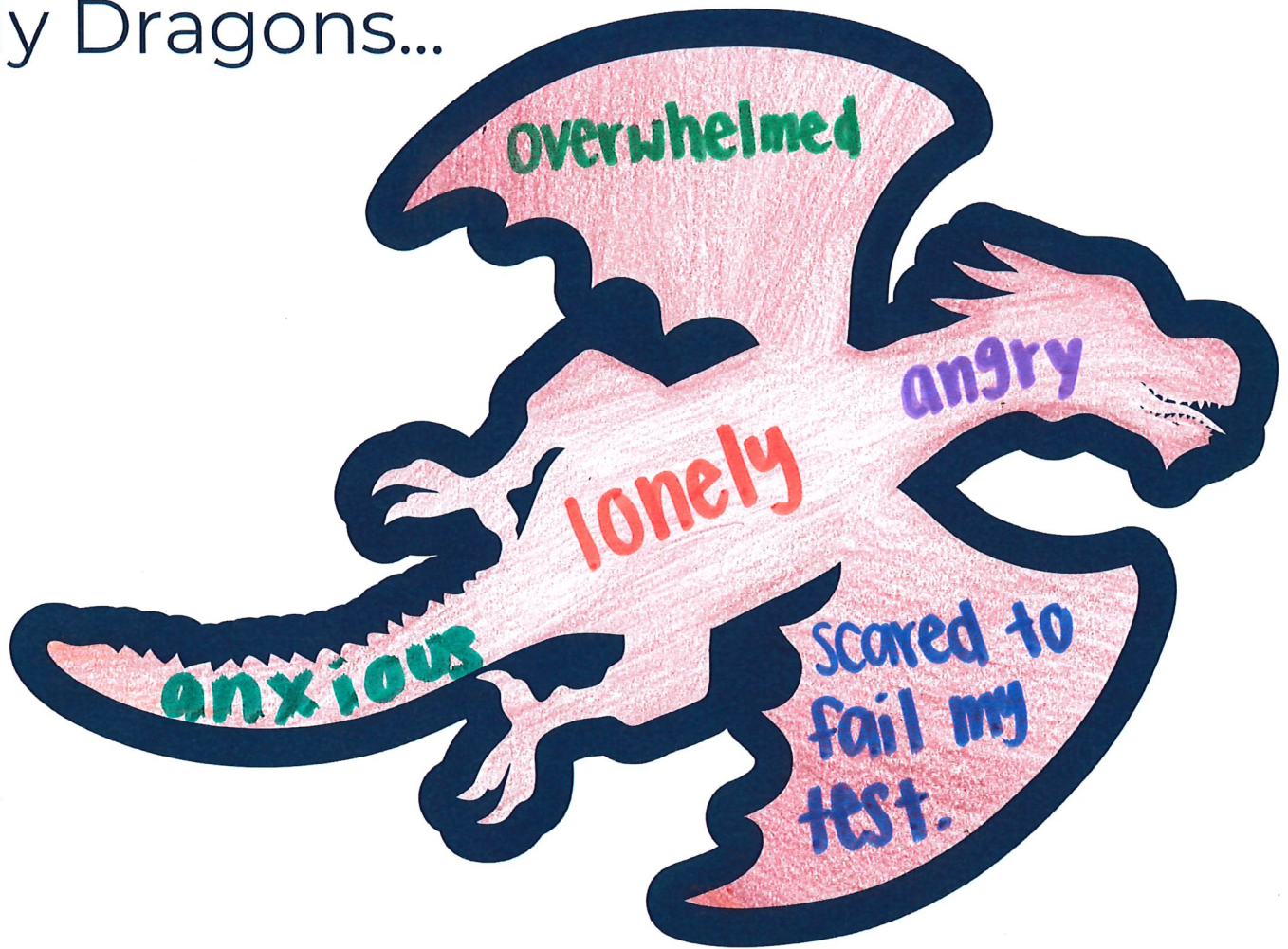


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Naming My Dragons

My Dragons...



Safe Ways to Handle Them:

get a hug



talk to
someone you
trust.



Journal





Art Invitation

Personal Raincloud

Materials:

Watercolor paper, watercolor paints, watercolor pencils, and fine-tipped markers.

Directions:

Question of the Day: What is one hope you have for the future?

Movement Activity:

Walk in a circle as a group and imagine different scenes. Walk like you are scared in the woods. Smile like you have just stepped into your safe place.

Art:

Talk about a time you were in a storm.

- What kind of storm? What was it like? What did you do to feel safe?

Talk about difficult times or deaths you experienced.

- What worries did you have after the person died?

Draw a cloud outline and several large outlines of raindrops on the page next to it.

- In the cloud outline, write the thoughts and questions you have about the death with watercolor pencils. By using a watercolor pencil, your writing is washed away when you use watercolors to paint in your cloud.
- With watercolors, paint over the losses and worries and watch them disappear.
- In the raindrops, using fine-tipped markers, write what you have learned since the death, what you miss about the person, and your memories with the person who died.

Draw a rainbow outside of the raincloud. In the rainbow, write your hopes and goals for the future.

Questions for Group Discussions or Journal Prompts

1. What worries have you experienced after the death?
2. What questions about death do you wish could be answered?
3. What growth have you noticed since the death?

Get first
I hope to go to college.
Get married
Have children
Be happy
Peace

Why couldn't the doctors
Save your life?
Grow up they are big and strong
Why do they die before they're old?
How long will I live?

I miss your laugh

We make the best peach cobbler together.

Grief comes in all forms.

Life still goes on without you...

I miss your HUGS

I miss your smell.

I miss you doing my hair in the morning.



Art Invitation

What Would the Tombstone Say?

Materials:

Tombstone outline, colored pencils, markers, and crayons.

Directions:

Question of the Day: What is your favorite story about the person who died?

Priming:

What were some qualities of the person who died? Examples: Helpful, kind, smart, loving, funny, etc.

- Discuss how some people are buried and may have a marker on their graves.
- Ask the participants if they know what is on the grave marker of the person who died if they are buried. If they were cremated, ask, "If you could create a grave marker, what would you like it to say?"
- Discuss the funeral and burial, how the grave marker was chosen, and what they think about the words that were chosen for the marker.

Art:

Write or draw what you want the tombstone to say for the person who died. Ideas are:

- What would you want others to know about the person who died?
- What was something only they could do?
- What personality traits did they have that you want the world to know about?
- What was something they did for you that you miss the most?

Discuss as a group:

- What would you want your tombstone to say?
- What are three words that describe you?
- How do you want to be remembered?

Share your tombstones with your group.

Questions for Facilitator and Parent/Guardian:

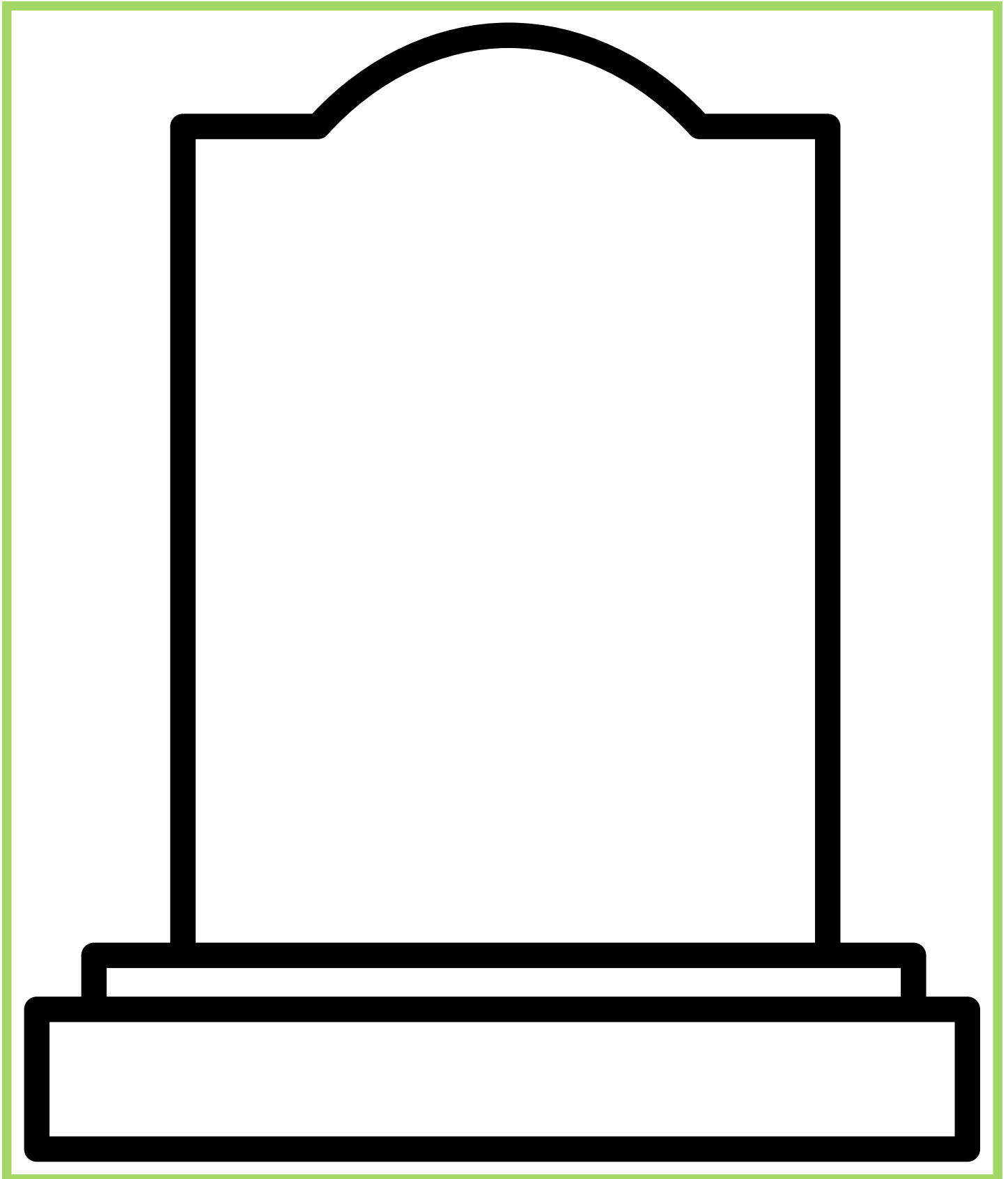
2. How do you want to be remembered?
3. What was it like to see what others wrote about the person who died?



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Tombstone





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Tombstone

FEARLESS

Kind

gave the
best hugs

Comforting

loved to sing



MOM



Art Invitation

Inside-Outside Masks

Materials:

Face outline handout, crayons, colored pencils, or markers

Directions:

Question of the day: What is one emotion that you show to the world more now than you did before your person died?

Priming:

As a group, brainstorm and write down words for how they feel on the inside and outside.

- Discuss times you have had to put on a false outward face that doesn't match how you genuinely feel inside since the person died.
 - What do only some people know about you? What does no one know about you? What do you wish people knew about you? What do you wish your friends or teachers knew about how you are feeling on the inside?

Art:

- Discuss how you may show a face to the outside world of being okay, but inside, you don't feel okay. Talk about how we can feel opposite emotions at the same time, such as moments of feeling sadness and happiness together. One feeling does not cancel out the other.
- On one of the faces, draw, write, color, or glue on images or words that you show outwardly to the world (happy, confident, fine, calm).
- On the other face, draw, write, color, or glue on images or words that show how you feel inside (sad, angry, shy, scared).

Questions for Group Discussions and Journal Prompts:

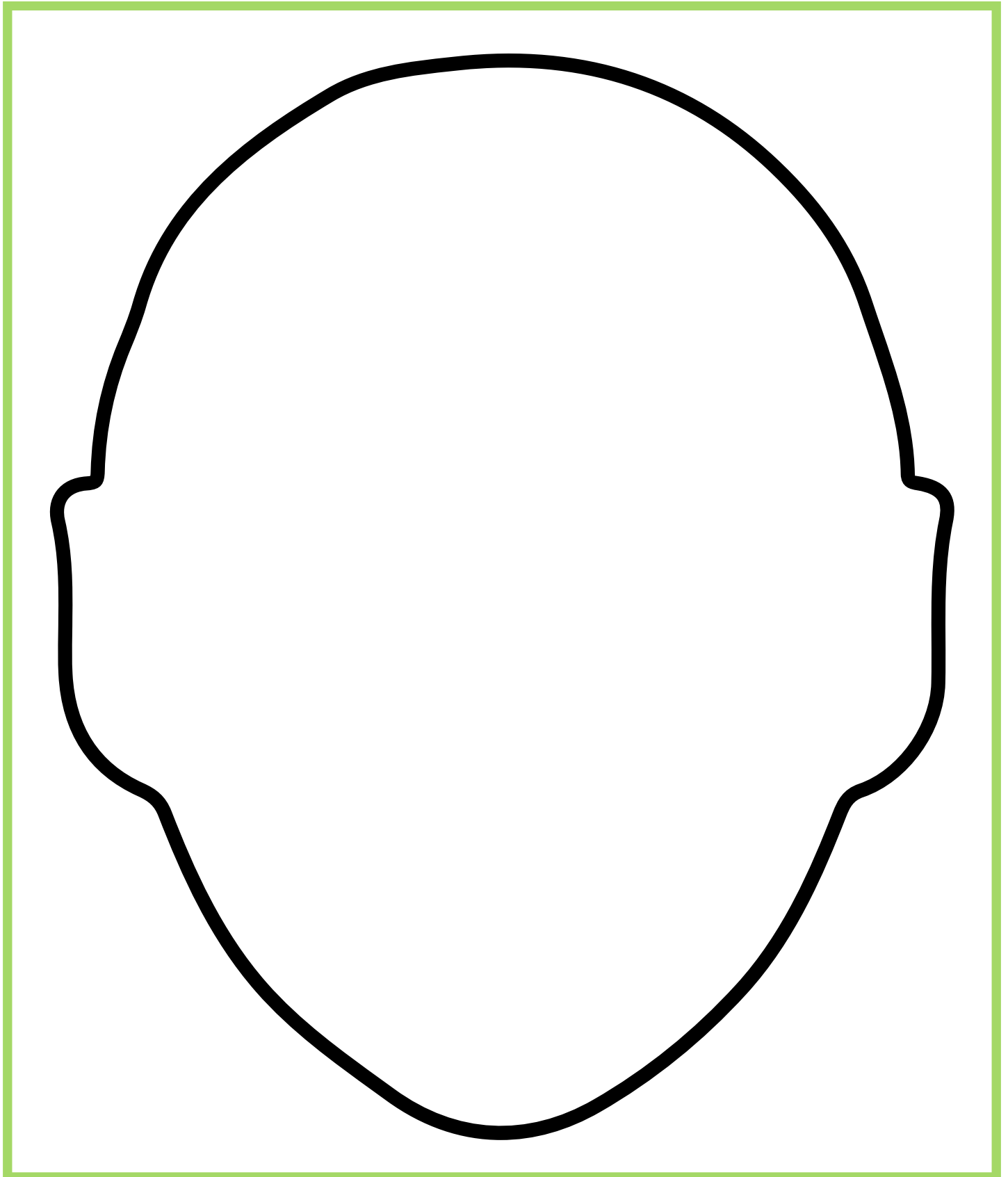
1. What appearance do you show on the outside that might differ from how you feel inside?
2. What happens when you show how you feel on the inside?
3. Who can you talk to about what you're feeling? Friends, parents, teachers?



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Outside Mask

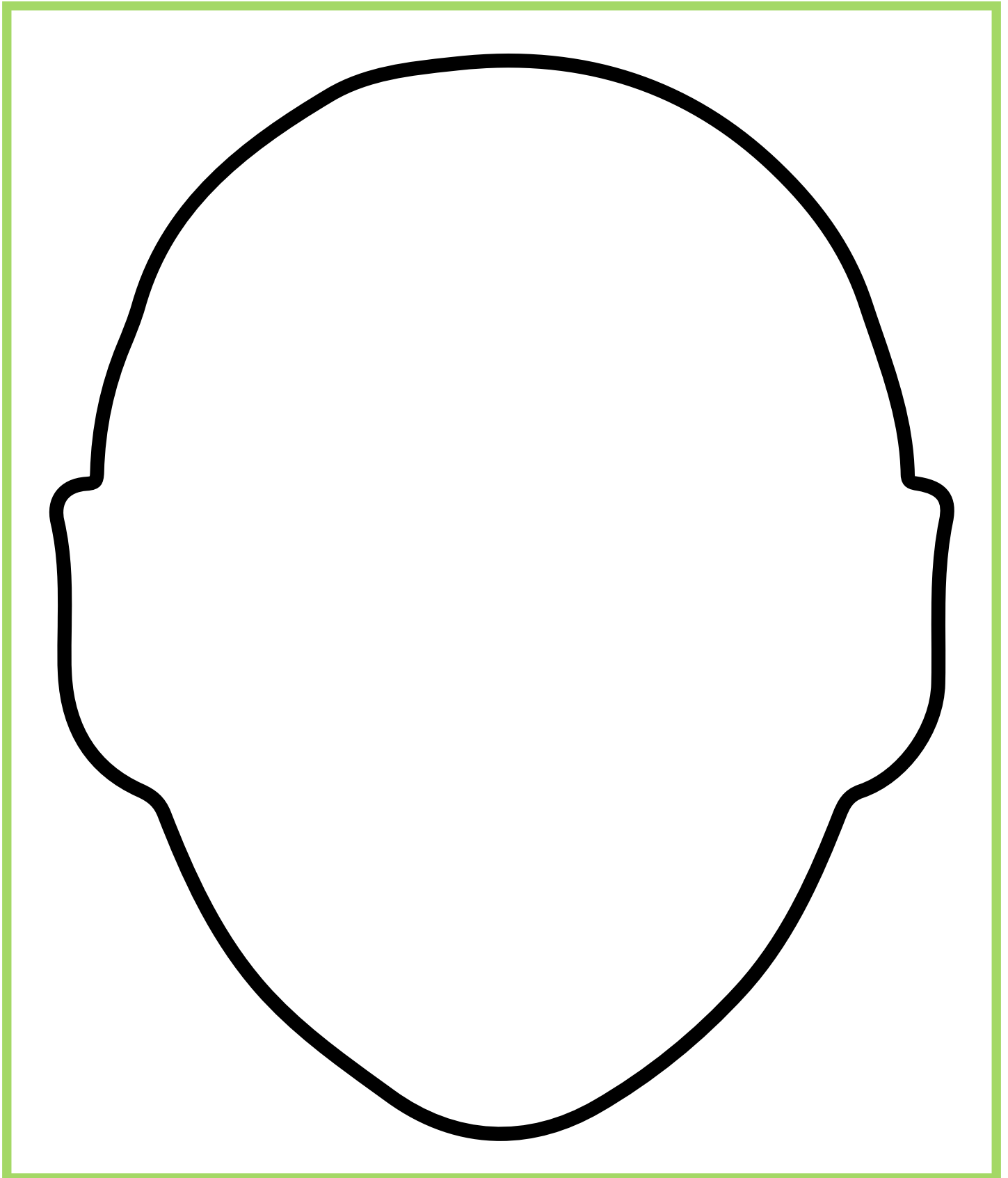




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Inside Mask

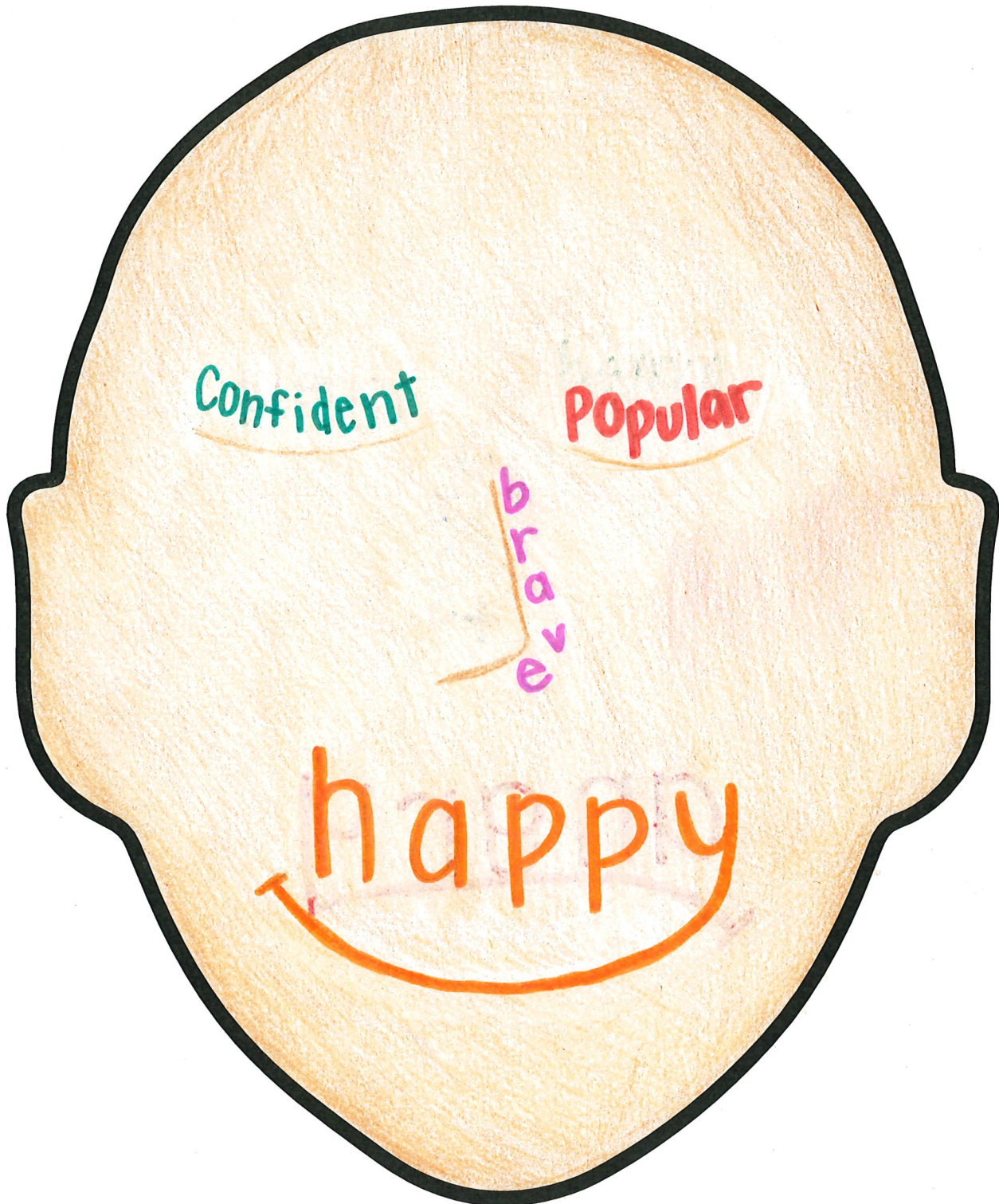




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Outside Mask

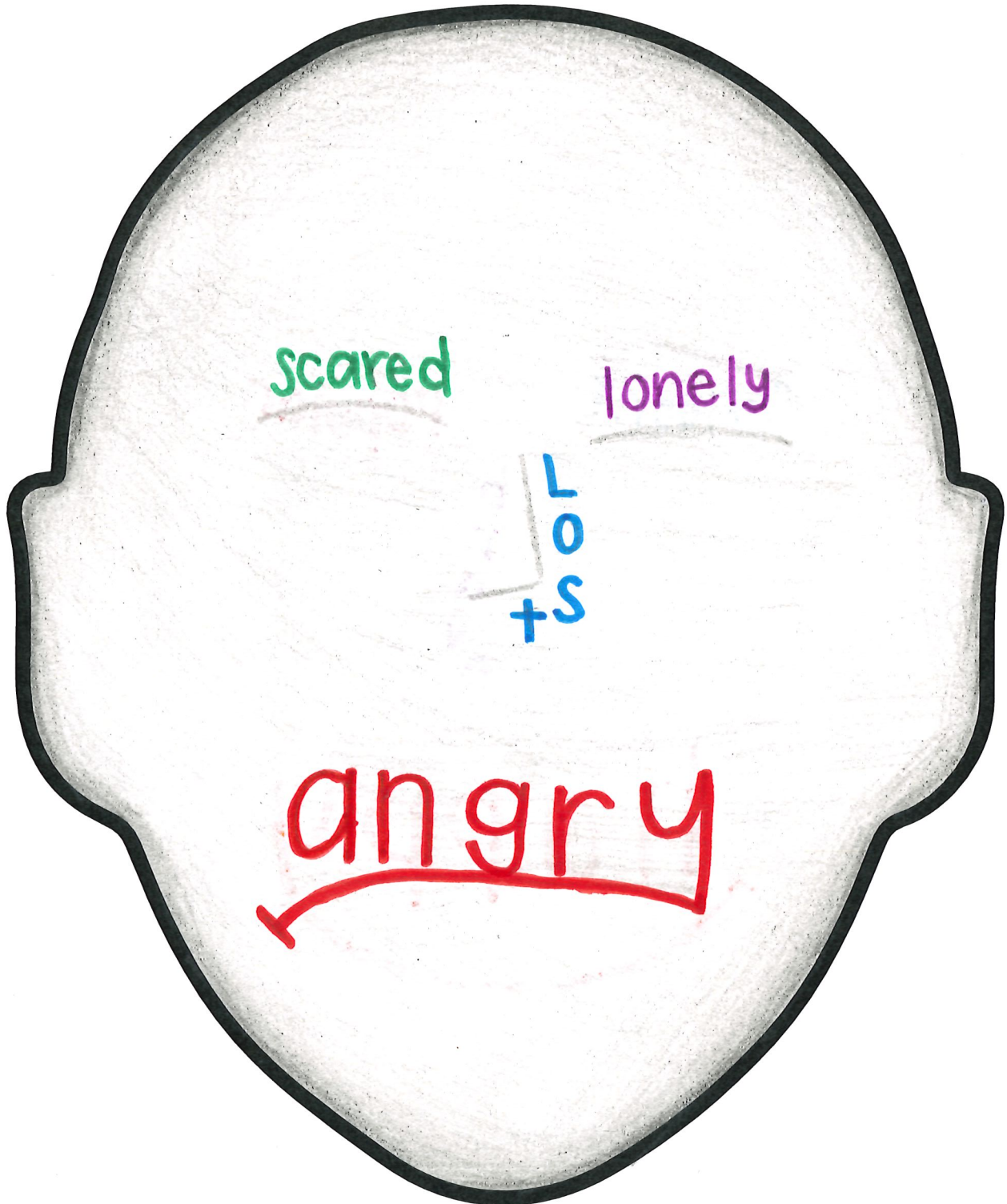




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Inside Mask





Art Invitation

Watercolor Butterfly

Materials:

Watercolor paper, watercolors, watercolor pencils, markers, pencils, and brushes

Directions:

Question of the Day: Since your person died, how have you grown, and how have you stayed the same?

Priming:

Use the butterfly breathing technique to calm yourself when needed:

- Shake your body out, and then hold still. Find a safe place and stand up tall. Take a deep breath while slowly lifting your arms. Breathe out by slowly lowering your arms. Repeat this process until your body feels calm.
- Holding pencils in each of your hands, start with your arms and hands by your sides. Raise your hands, breathe in, and draw the middle body of your butterfly in the air. Then, breathe out as you draw the butterfly's wings in the air, using both hands. Breathe out longer than you breathe in. Repeat.
- Check in with your body. How do you feel after using the butterfly breathing technique?

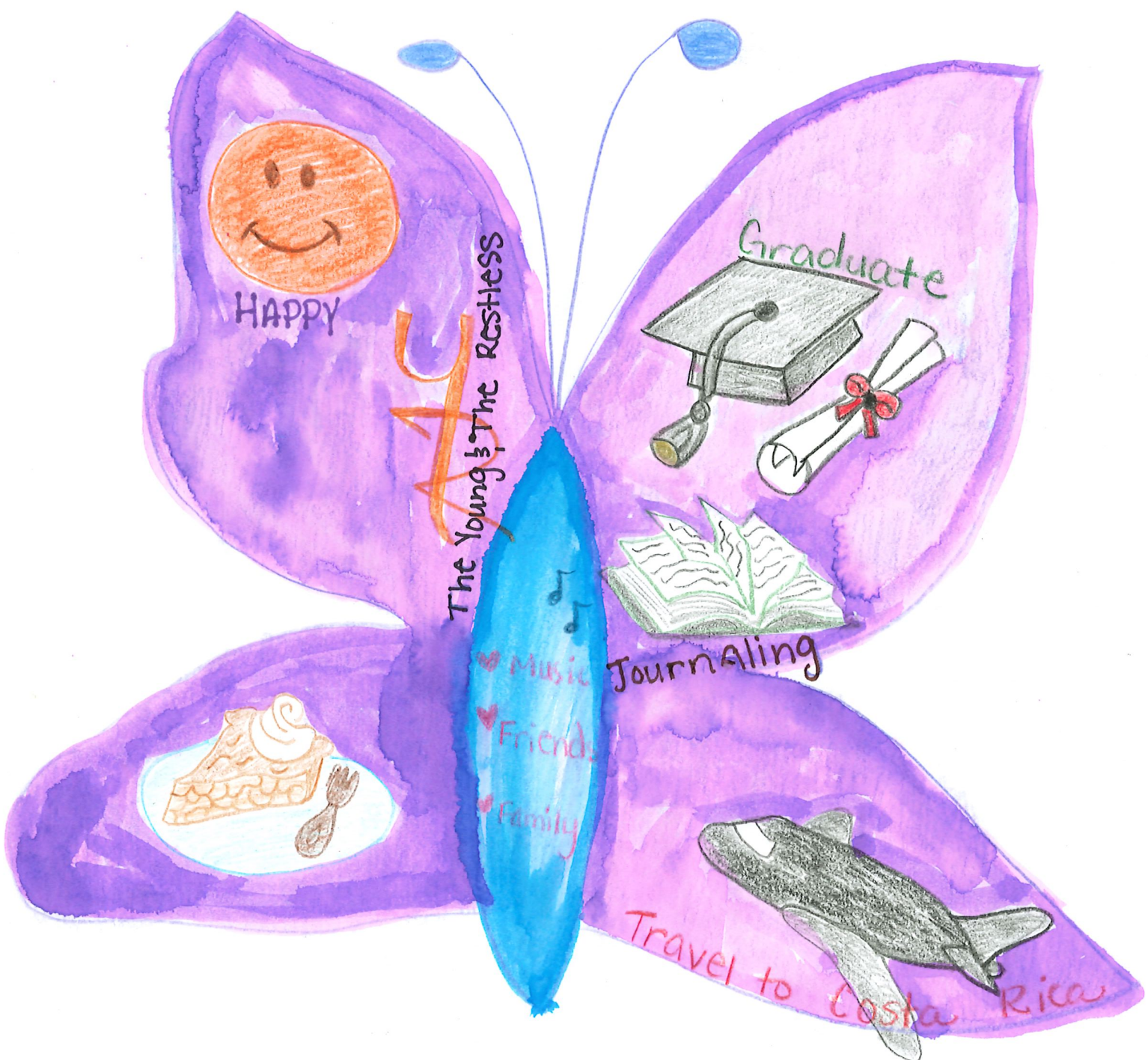
Art:

- Holding a pencil in each hand, use your right and left hand simultaneously to draw a large butterfly outline on your paper.
- On the left side of the butterfly, paint/draw/write what your life looked like before your person died.
- In the butterfly's body, paint/draw/write your strengths in the present, what is holding you together, and how you have grown since the person died.
- On the right side of the butterfly, paint/draw/write what you hope for in your future.
 - Travel, graduate, read, learn a hobby, journal, do art, etc.

Tip: Use markers first to allow the pictures and words to remain after adding the watercolors.

Questions for Group Discussions or Journal Prompts:

1. What changes have been the hardest for you since the person died?
2. What has helped you through those changes?
3. What do you hope for your future?



HAPPY

The Young & The Restless

Graduate

Journaling

♥ Music

♥ Friends

♥ Family

Travel to Costa Rica



Art Invitation

Sympathy Card

Materials:

Blank white paper, pencil, markers, crayons, and colored pencils

Directions:

Question of the Day: What did someone do for you that helped you feel better after the person died?

Priming:

Scribbles: With a piece of paper and pencil, scribble on the paper until you feel ready for the activity. Try scribbling fast, slow, or both.

Art:

On a blank white paper, draw a picture on one side and write a sentence on the other.

- **On the picture side**, draw a picture of the person who died, a memory of them, or something that makes you feel better.
- **On the writing side**, think about what you were told right after the person died and what people did for you. Write about:
 - What helped you after the person died?
 - What do you wish someone had told you after the person died?
 - What would you say to someone who just experienced a death?

Questions for Group Discussions or Journal Prompts:

1. What did others do to support you after the death? What helped?
2. What did others say that didn't help?
3. What were the most helpful words or actions someone said or did for you?

I wish someone would've told me how tiring grief is.

I wish people would just listen, and not give advice.

Listening to music and journaling helped me.



Memory: Going to the beach

Art Invitation

Waves of Grief

Materials:

Watercolors, crayons, blank white paper, or the wave handout.

Directions:

Question of the day: What is an emotion that has hit you like a wave since your person died?

Priming:

Discuss how everyone has emotions, especially when someone in their life dies. Sometimes, grief-related feelings are like ocean waves. They might roll in small and fast; other times, they are further apart and HUGE!

- How has your grief been like ocean waves? Are they coming at a steady rhythm, or do they arrive out of nowhere?

Art:

Draw different-sized waves on your paper and write or draw emotions you feel during these waves.

You can also use colors that represent those emotions.

- What emotions are in your small wave?
- What emotions are in your huge wave?
- How do some waves blend in with others?
- How do you express your huge wave of emotions?
- What helps calm your waves?

Questions for Facilitator and Parent/Guardian:

1. What are things you can do that will help ride out a wave of emotion?
2. How are small waves different from huge waves for you?
3. When you get knocked down by a wave, what helps you get back up?

Waves of Grief



Waves of Grief





Art Invitation

A Letter to Your Person

Materials:

Lined paper, blank white paper, envelope, pencils, pens, colored pencils

Directions:

Question of the Day: What is one thing you are thankful for about the person who died?

Priming:

Think about a favorite memory of the person who died. What did you see? What did you hear? What could you feel? What did you smell? What did you taste?

Art:

Imagine you could send a letter to the person who died. What would you want to say to them?

- Writing prompts:
 - Dear (Name of the person who died),
 - I want to let you know...
 - I remember the time...
 - Thank you for...
 - I wish...
 - I think about...
 - I am sorry...
 - I never...
 - I hope you know...
 - My life these days...
 - You helped me...
 - I think of you when...
 - I miss...
 - I really need...
 - Before you died, I wish I had told you...
 - I've learned...
 - I hope...
 - From/Love, (Your Name)

Questions for Group Discussions and Journal Prompts:

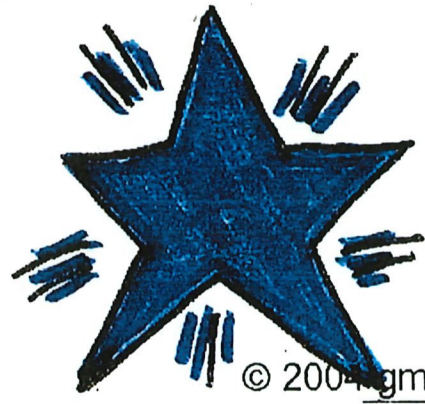
1. What was it like to write a letter to the person who died?
2. What memory with them is especially important to you?
3. What is it like when you share your memories of the person who died with others?

Dear Mom,

I want to let you know how much you mean to me. You were the most important person in my life. I remember the time it rained in July and we danced outside. We got so wet. Thank you for being the best mom! I wish I can hug you again. I think about you every single day. I am sorry I didn't listen to you as much as I should've. I never forget about how happy you made me. You were so fun. I hope you know I loved you a lot. You helped me be a better person. I think of you when I bake cookies, and it makes me smile. I miss you, and I really need a hug. Before you died, I wish I had told you how thankful I was for everything you did for us. I've learned to live life with joy, as much as I can. I hope you can see I am trying my best. My life these days is busy. I am taking one day at a time

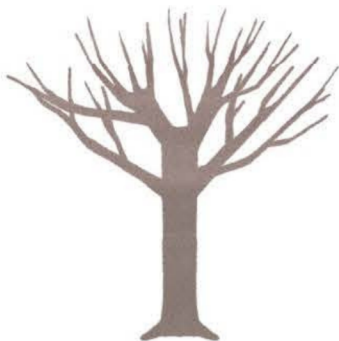
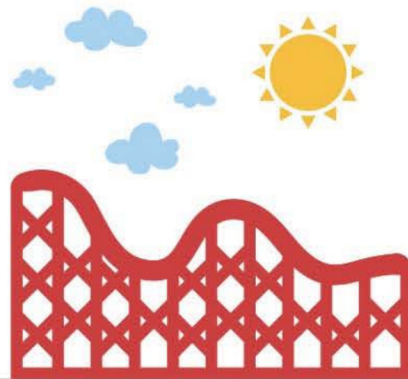
Love,

Today I Feel...



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Today I Feel





This is How We Roll For Younger Participants

What We Say Here, Stays Here

I Pass

No Hitting or Hurting

Stop and I Mean It

No Throwing

No Put Downs

Be With an Adult



This is How We Roll for Older Participants

Confidentiality: What we say here stays here, unless we are being hurt, or plan to hurt ourselves or someone else.

Punctuality: We value our group starting and ending on time.

Listening: We realize the healing power of being heard. We will listen without interrupting.

Sharing: We will allow time for each person who wants to share.

Thoughtfulness: Hearing vivid details of how the person died may be difficult. We will be thoughtful when sharing our stories with our group.

Silence: We value and honor silence and aren't required to talk.

Laughter: We recognize that laughter and humor can be part of grief, and also that it may be irritating when others are laughing.

Advising: If we want advice, we'll ask our group. We will not give advice unless asked.

Cell Phones: We will turn our phones off or set them to silent during group.



Starburst Game

Cut out questions. Have the participant choose a Starburst and a corresponding question of the same color to answer.

What is the most important thing you learned from the person who died?

Which people were the most difficult to talk to after the death?

What is one thing you wish you could change?

The last thing I remember doing with the person who died was _____.

How are you like and not like the person who died?

What are questions you have about the death that no one has answered?

Complete this statement: When I let my feelings out, I _____.

The weirdest thing about grief is _____.

What reactions do others have when you tell them that your person died?

Complete this statement: When I hear the person who died mentioned, I _____.

Complete this statement: what I need most now is _____.

What are you thankful for about the person who died?

Who told you that the person died/was dying How did they tell you?

What do you not want to do since the person died?

What is something you know how to do that you can teach others?

What was the person who died's favorite ice cream?

Name something cool you saw today.

How did the person who died make you laugh?

What food would you like to eat endlessly?

What kind of clothes did the person who died like to wear?



Starburst Game

Cut out questions. Have the participant choose a Starburst and a corresponding question of the same color to answer.

How have people treated you differently since the death?

Complete the statement: My biggest fear or concern since the death is _____.

In what way have your hopes/plans for the future changed since the death?

What was your favorite trip with the person who died?

Remember a happy memory with the person who died.

What are five things that make you feel better right now?

Who can you talk to about the death?

Complete this statement: I wish my parent(s) could understand that _____.

What do you remember about the funeral?

How has your relationship with your friends changed since the death? What does a good friend do for you?

What song reminds you of the person who died?

Complete this statement: I wish my teachers could understand _____.

Where would your dream vacation be?

How have holidays in your family changed since the death?

If you could grow up and be famous, what would you want to be famous for?

How has the death affected your future plans?

If you could invent something that made life easier for people, what would it be?

How does grief feel compared to what you thought it would feel like?

Who told you that your person died? What did they say?

Since the death, my family doesn't _____.



Starburst Game

Cut out questions. Have the participant choose a Starburst and a corresponding question of the same color to answer.

List three ways you would like to be remembered.

How do you think the person who died would like to be remembered?

I wish I had _____.

What questions do you wish people would not ask you?

Complete this statement: My life's most difficult loss or change has been _____.

Complete this statement: Since the death, my life _____.

Complete this statement: My greatest surprise since the death is _____.

Complete this statement: My biggest worry right now is _____.

What is one thing you think the person who died would like to know now?

One thing I liked to do with the person who died was _____.

What did you do for fun with the person who died?

What is the one thing you'd like us to know about the person who died?

What do you wish you could say to the person who died?

What is the scariest part of grief?

What is something that you are thankful for?

What instrument do you wish you could play?

What makes a good friend?

What song do you know all the words to?

What is your favorite thing to do when it's raining?

What helps you sleep?



Starburst Game

Cut out questions. Have the participant choose a Starburst and a corresponding question of the same color to answer.

How has your everyday routine changed since the death?

What smell that reminds you of the person who died?

How has your family changed since the death?

How do you feel when someone says, "I know just what you're going through"?

What was the person who died's favorite food or restaurant? What is it like for you to eat their favorite foods now food now?

What makes you angry since the death?
What helps you express your anger?

What about the death confuses you?

What was a gift the person who died gave to you?

If I could change things, I would_____.

What do you have in common with the person who died?

What place reminds you of the person who died?

What helps or comforts you since the person died?

Complete this statement: I feel alone when _____.

What questions do you still have about the death?

If you had a superpower, what would it be?

What is your favorite activity to do with your family?

What is something you wish you knew how to do?

What is the kindest thing someone has done for you since the person died?

If a genie could give you one wish, what would you wish for?

What makes you laugh?



**Jessica's
House**

Grief support for children, teens,
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Recommended Books For Children

Pre-Littles 0-4

What do I Hear by Annie Kubler

Duck & Goose, How Are You Feeling by Tad Hills

Ten Little Fingers by Mem Fox Don't

Worry Bear by Greg Foley Breathe like

a Bear by Kira Willey

A Little Spot of Feelings by Diane Alber

The Goodbye Book by Todd Parr

A New Alphabet for Humanity by Leesa McGregor

My Many Colored Days by Dr. Seuss

Llama Llama Roja Pijama by Anna Dewdney

I Was So Mad by Mercer Mayer

Something Very Sad Happened by Bonnie Zucker

All my Treasures by Jo Witek

Why Did it Happen? Helping Children Cope in a Violent World by Janice Cohn

The Way I Feel by Janan Cain

The Mixed-Up Chameleon by Eric Carle

The Color Monster by Anna Llenas

Bear Has a Story to Tell by Philip C. Stead

Cat Heaven by Cynthia Rylant

Forget Me Not by Michael Brood



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Littles 5-8

The Rabbit Listened by Cori Doerfield

When I feel Sad by Cornelia Maude Spelman

My Magic Breath by Nick Ortner

Today I feel Silly by Jamie Lee Curtis

Love by Matt de la Pena

I am Peace by Susan Verde

Til we Meet Again by Julie Muller Honey

Bear Died by Jennifer E. Melvin The Cool

Bean by Jory John

Bear has a Story to Tell by Philip C. Stead

Wemberly Worried by Kevin Henkes Waiting

Is Not Easy! by Mo Willems

When Dinosaurs Die: A Guide to Understanding Death by Laurie Krasny Brown

When a Pet Dies by Fred Rogers

Invisible String by Patrice Kent Where

do they go? by Julia Alvarez

I Miss You: A First Look at Death by Pat Thomas

Is Daddy Coming Back in a Minute?: Explaining (sudden) Death in Words Very Young Children

Can Understand by Elke Barber and Alex Barber

Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst

I Miss You by Pat Thomas Ish

by Peter H. Reynolds After

the Fall by Dan Santat

Remember the Secret by Elisabeth Kubler-Ross

Rabbityness by Jo Empson



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Recommended Books For Children

Littles 5-8 cont.

The Velveteen Rabbit by Maria S. Barbo

Kat's Surrender by Theresa Martin Golding

A Stopwatch from Grandpa by Loretta Garbutt

The Dead Bird by Margaret Wise Brown Hooray

for You by Marianne Richmond

Visiting Feelings by Lauren J. Rubenstein JD PsyD

Addys Cup of Sugar by Jon J. Muth

When I feel Worried by Cornelia Maude Spelman

When You Are Brave by Pat Zietlow Miller

What do you do with a Problem by Kobi Yamada

My Big, Dumb, Invisible Dragon by Angie Lucas

Annie and the Old One by Miska Miles and Peter Parnall

Sad Isn't Bad: a Good- Grief Guidebook for Kids Dealing with Loss by Michaelene Mundy

Stacy Had a Little Sister by Wendie C. Old

The Tenth Good Thing About Barney by Judith Viorst

Saying Goodbye to Daddy by Judith Vigna

After the Funeral by Jane Loretta Winsch The

Badger's Parting Gifts by Susan Varley The

Rag Coat by Lauren A. Mills

Ida, Always by Caron Levis

Nana Upstairs and Nana Downstairs by Tomie dePaula

Memory Box by Joanna Rowland

The Fall of Freddie the Leaf by Leo Bascaglia

The Next Place by Warren Hanson



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Recommended Books For Children

Littles 5-8 cont.

Tess's Tree by Jess M. Brallier

My Grandson, Lew by Charlotte Zolotow

Always By My Side by Susan Kerner

Not the End by Mari Dombkowski

In My Heart by Jo Witek

Edna by Susan Paradis

Am I Still a Sister? by Alicia M. Sims

Missing Mommy by Rebecca Cobb

Lost in the Clouds by Tom Tinn-Oisbury

I Will Always Love You by Melissa Lyons

Here in the Garden by Briony Stewart

Squirrels Busy Day by Lucy Barnard

Not the End of the Chavez Family, A Family's Journey Through Grief by Mari Dombkowski

Kids Learn About Death and Celebrating Life by Billie Staton Humphrey

The Day You Begin by Jacqueline Woodson

Hello Happy by Stephn Clarkson

Here in the Garden by Briany Stewart

Children Also Grieve: Talking about Death and Healing by Linda Goldman

No Worries by Lily Murray and Katie Abey

Ecargot by Dashka Slater

Bear Hugs by Kathleen Hague

Brave Bart by Caroline H. Sheppard

Grief is Like a Snowflake by Julia Cook

A Terrible Thing Happened by Margaret M. Holmes

I'm not Scared Crisp by Dan Crisp



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Recommended Books For Children

Littles 5-8 cont.

Everett Anderson's Goodbye by Lucille Clifton

Firebird by Misty Copeland

Johnathan James and the What If Monster by Michelle Nelson-Schmidt

Rachael and the Upside Down Heart by Eileen Douglas What

Does That Mean? by Harold Ivan Smith for Children Daddy's

Chair by Sandy Lanton

Until We Meet Again by Susan Jones

Because The Sky Is Everywhere by Nancy Sharp

*Tell Me Papa: Answers to Questions Children Ask about Death and Dying by Joy Johnson
and Marvin Johnson*

Stella Our Star by Mandi Kowalik

You've got Dragons by Katheryn Cave

Straight from the Siblings: Another Look at the Rainbow by Gerald G. Jampolsky

The Giving Tree by Shel Silverstein



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Recommended Books For Children

Middles 9-12

The Accident by Carol Carrick

Some of the Pieces by Madenski Melissa

To Hell with Dying by Alice Walker

The Little Prince by Antoine de Saint-Exupery Chronicles

of Narnia (Set of Seven Books) by C. S. Lewis Hope for the

Flowers by Trina Paulus

Tear Soup by Pat Schwiebert and Chuck DeKlyen

No New Baby: For Boys and Girls Whose Expected Sibling Dies by Marilyn Gryte

Annie and the Sand Dobbies by John B. Coburn A

Taste of Blackberries by Doris Buchanan Smith

Charlotte's Web by E. B White

Learning to Say Goodbye: When a Parent Dies by Eda J. LeShan

A Part of Me Died, Too by Virginia Lynn Fry

A Birthday Present for Daniel: A Child's Story of Loss by Juliet Cassuto Rothman

The Boy and the Dolphin by John Christopher Fine

A Punkin in the Frost by Fred J. Fisher Bridge

to Terabithia by Katherine Paterson Missing

May by Cynthia Rylant

The Gift of Acabar by Og Mandino

How it Feels When a Parent Dies by Jill Krementz

Just One Tear by Kate L. Mahon



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Recommended Books For Children

Teens 13-17

When a Friend Dies: A Book for Teens About Grieving and Healing by Marilyn E. Gootman

Chicken Soup for the Teenage Soul by Jack Canfield, Mark Victor Hansen, and Kimberly Kirberger

Losing Someone You Love: When a Brother or Sister Dies by Elizabeth Richter

Everything You Need to Know about Grieving by Karen Bornemann Spies

Help for the Hard Times: Getting Through Loss by Earl Hipp

The Girl Death Left Behind by Lurlene McDaniel

I will Remember You: What to Do When Someone You Love Dies, a Guidebook Through Grief for Teens by Laura Dower

Healing Your Grieving Heart for Teens: 100 Practical Ideas by Alan D. Wolfelt

Grief Recovery for Teens: Letting Go of Painful Emotions with Body-Based Practices by Coral Popowitz

Weird is Normal When Teenagers Grieve by Jenny Lee Wheeler

Facing Change: Falling Apart and Coming Together in the Teen Years by Donna B. O'Toole

The Anxiety Workbook for Teens by Lisa M. Schab

The Grieving Teen: A Guide for Teenagers and Their Friends by Helen Fitzgerald

Young Adults 18-25

Young Adults Coping with Death: You Are Not Alone by Jennifer Kaplan



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Recommended Books For Adults

Caregivers

Adolescent Encounters With Death, Bereavement and Coping by David Balk and Charles

A. Corr

Are You Like Me? A Children's Book About Suicide by Bobbie Kalman

Helping Bereaved Children by Nancy Boyd Webb

Helping Grieving People: When Tears Are Not Enough by J. Shep Jeffreys

Retelling Violent Death by Edward K. Rynearson

Violent Death: Resilience and Intervention Beyond the Crisis by Edward K. Rynearson



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Recommended Books For Adults

Adults

When Bad Things Happen to Good People by Harold S. Kushner

After Suicide Loss: Coping with Your Grief by Bob Baugher, Ph.D. & Jack Jordan, Ph.D.

After the Death of a Child by Ann K. Finkbeiner

After a Parent's Suicide: Helping Children Heal by Margo Requarth

Bearing the Unbearable: Love, Loss, and the Heartbreaking Path of Grief by Joanne Cacciatore

Beyond Tears, Living After Losing a Child by Ellen Mitchell

*Children Grieve Too: A Handbook for Parents of Grieving Children and Teens by Lauren Schneider,
LCSW*

Disenfranchised Grief by Kenneth Doka

*Grieving the Loss of Someone You Love: Daily Meditations to Help You Through the Grieving
Process by Raymond R. Mitsch and Lynn Brookside*

Grievers Ask by Harold Ivan Smith

Healing Your Grieving Heart by Alan Wolfelt

Helping Children Cope with Grief by Alan Wolfelt

How To Go On Living When Someone You Love Dies by Therese Rando

Questions for Quiet Times by Dillon Woods

Real Men Do Cry by Erin Hipple

*Saying Goodbye: How Families Can Find Renewal Through Loss by Barbara Okun and Joseph
Nowinski*

Shadows in Winter: A Memoir of Love and Loss by Dr. Eitan Fishbane

Tear Soup by Pat Schweibert and Chuck Deklyer

This Thing Called Grief by Thomas Ellis

The Grieving Child, A Parent's Guide by Helen Fitzgerald

The Journey Through Grief and Loss by Robert Zucker

The Empty Room: Understanding Sibling Loss by Elizabeth DeVita-Raeburn

What Does That Mean? by Harold Ivan Smith and Joy Johnson

*We Get It: Voices of Grieving College Students and Adults, by Heather L. Servaty & David C.
Fajgenbaum*

After Suicide Loss by Jack Jordan & Bob Baugher