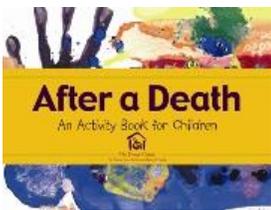
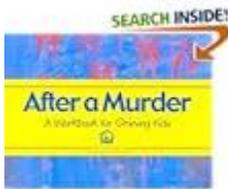
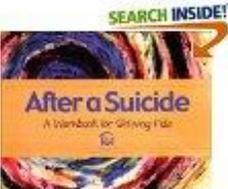
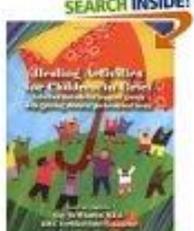
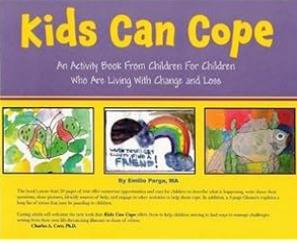
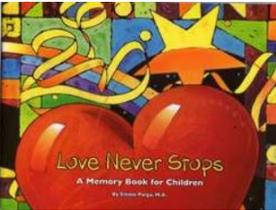
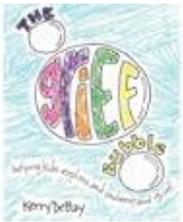
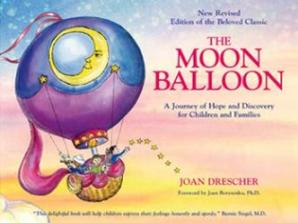
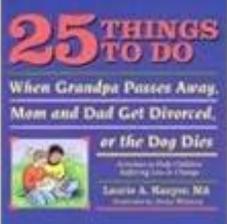


# Activities/Workbooks

## For Young Children (Ages 4-8)

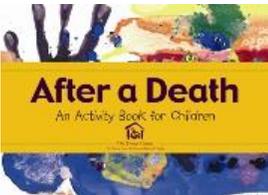
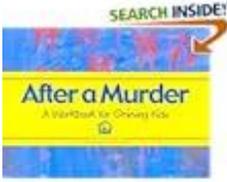
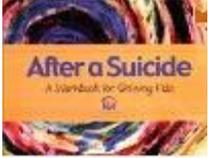
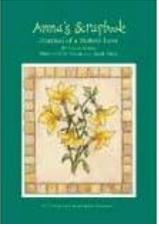
	<p><b>ABC Feelings: Feelings Awareness Flash Cards</b> Alexandra Dellis Abrams (Ages 4-8)</p>	<p>A fun, creative tool for children and adults to communicate about feelings. Helps children to express their feelings through words, drawings, and movement. Helps Adults to: realize that children feel before they verbalize, understand that feelings are natural and important for growth and health, encourage children to share their full range of emotions, and accept and honor the child's truth- without judgement.</p>
	<p><b>After A Death: An Activity Book for Children</b> Amy Barrett Lindholm (School Age)</p>	<p>This easy to use workbook is designed for children who have experienced any type of death. With a mixture of creative activities and tips for dealing with changes at school, home and with friends, this is a great tool for all grieving children. We ve included a variety of drawing and writing exercises to help children remember the person who died and learn new ways to live with the loss.</p>
	<p><b>After a Murder: A Workbook for Grieving Kids</b> The Dougy Center (Ages 6-12), 68 pgs.</p>	<p>Through the stories, thoughts and feelings of other kids who have experienced a murder, this hands-on workbook allows children to see that they are not alone in their feelings and experiences. The workbook includes drawing activities, puzzles and word games to help explain confusing elements specific to a murder, such as the police, media and legal system.</p>
	<p><b>After a Suicide: Activity Book</b> The Dougy Center (Ages 6-12), 48 pgs.</p>	<p>In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.</p>
	<p><b>Giving Grief Form: Supporting Children &amp; Families Through Grief</b> Fernside</p>	<p>A collection of art created by grieving children and teens at Fernside.</p>
	<p><b>Healing Activities for Children in Grief</b> Gay McWhorter (Ages 5-18), 73 pgs.</p>	<p>This book is an activity book designed to help counselors in a group setting help children following a death. The book is divided into three sections: children's activities (ages 5-8), preteen activities (ages 9-12), and teen activities (ages 13-18). In each section counselors can choose from a variety of opening activities designed to promote discussion and main activities that involve a specific topic or theme.</p>

	<p><b>Help Me Say Goodbye</b> Janis Silverman (Ages 4-8), 32 pgs.</p>	<p>An art therapy and activity book for children coping with death. Sensitive exercises address all the questions children may have during this emotional and troubling crisis. Children are encouraged to express in pictures what they are often incapable of expressing in words.</p>
	<p><b>Kids Can Cope: An Activity Book from Children for Children Who Are Living With Change &amp; Loss</b> Emilio Parga (Ages 6-12), 68 pgs.</p>	<p>The Solace Tree is excited to announce the arrival of our latest book, Kids Can Cope. Kids Can Cope is an activity book from children for children who are living with change and loss. Written by Solace Tree Founder Emilio Parga, the book features more than 60 pages of text offering numerous opportunities for children to describe what is happening, write down their questions, draw pictures, identify sources of help and engage in other activities to help them cope. In addition, a four page glossary explains a long list of terms that may be puzzling to children</p>
	<p><b>Love Never Stops: A Memory Book for Children</b> Emilio Parga</p>	<p>A Memory Book for Children by Emilio Parga, M.A. Founder of The Solace Tree, a center for grieving children in Reno, NV. A caring memory book for children of all ages. Guided headings include pages for children to write or draw.</p>
	<p><b>Memory Garden: A Bereavement Card Game</b></p>	<p>This brightly colored and vividly illustrated card deck is a useful tool for professionals and caregivers to help anyone experiencing loss. Memory Garden works with the child to express their thoughts, feelings and to be able to work through the grieving process</p>
	<p><b>Sweet Memories</b> Elaine Stillwell (All Ages), 18 pgs.</p>	<p>This book offers crafty ideas for children and adults to help reconnect with a loved one who has died. It allows the opportunity to be creative, funny, thoughtful, loving, and sentimental. "Dusting off memories and rediscovering trinkets owned or given by the loved one offers an outlet for the children's emotions, while teaching them the value of remembering."</p>
	<p><b>The Grief Bubble</b> Kerry DeBay (Ages 6-12), 60 pgs.</p>	<p>The Grief Bubble is a special workbook for children ages 6 and older who have experienced the death of someone special. The interactive format invites them to find expression for their thoughts and feelings, encouraging the exploration of their grief. A useful tool for parents, counselors, educators and other caring adults supporting children in grief.</p>

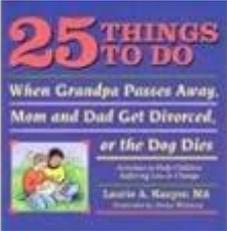
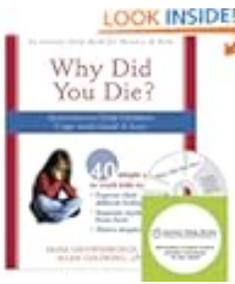
	<p><b>The Moon Balloon</b> Joan Drescher (Ages 4-8)</p>	<p>"The Moon Balloon", a journey of hope and discovery for children and families is a colorfully illustrated picture book and interactive journal with a delightful story about seven hot-air balloons. It has a forward by Joan Borysenko, Ph.D. This book provides a safe, supportive outlet to help you and your children cope with the problems of everyday living as well as life changing experiences. Playful hot-air balloons, representing various emotions, offer vehicles whereby children can write and draw feelings which can otherwise be difficult to speak about. Sharing these symbols can improve self-image, trust, and creativity.</p>
	<p><b>25 Things to Do: When Grandpa Passes Away, Mom &amp; Dad Get Divorced, or the Dog Dies</b> Laurie A. Kanyer</p>	<p>This book combines a description of the grieving process with directions for activities that help bereaved children. Kanyer explains the value of each activity so parents and caregivers can select appropriate projects based on the child's age, loss and stage in the grieving process. She also discusses how learning about grief prepares children for new relationships and to accept losses later in life.</p>

# Activities/Workbooks

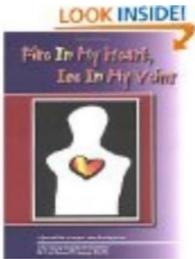
## For Children (Ages 9-12)

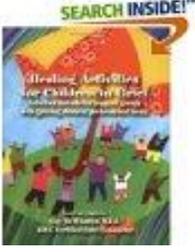
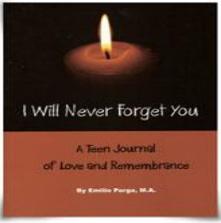
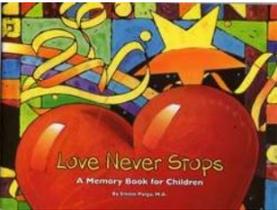
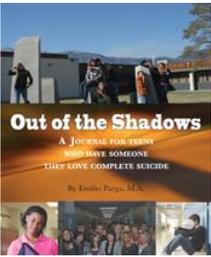
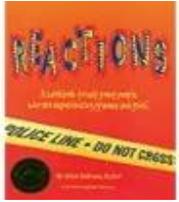
	<p><b>After A Death: An Activity Book for Children</b> Amy Barrett Lindholm (School Age)</p>	<p>This easy to use workbook is designed for children who have experienced any type of death. With a mixture of creative activities and tips for dealing with changes at school, home and with friends, this is a great tool for all grieving children. We've included a variety of drawing and writing exercises to help children remember the person who died and learn new ways to live with the loss.</p>
	<p><b>After a Murder: A Workbook for Grieving Kids</b> The Dougy Center (Ages 6-12), 68 pgs.</p>	<p>Through the stories, thoughts and feelings of other kids who have experienced a murder, this hands-on workbook allows children to see that they are not alone in their feelings and experiences. The workbook includes drawing activities, puzzles and word games to help explain confusing elements specific to a murder, such as the police, media and legal system.</p>
	<p><b>After a Suicide: Activity Book</b> The Dougy Center (Ages 6-12), 48 pgs.</p>	<p>In this hands-on, interactive workbook, children who have been exposed to a suicide can learn from other grieving kids. The workbook includes drawing activities, puzzles, stories, advice from other kids and helpful suggestions for how to navigate the grief process after a suicide death.</p>
	<p><b>Anna's Scrapbook: Journal of a Sister's Love</b> Susan Aitken (Ages 8-14)</p>	<p>When her beloved baby sister dies suddenly, nine-year-old Anna keeps a journal of her feelings and makes a scrapbook of photographs and other reminders. Includes blank pages for making one's own scrapbook.</p>
	<p><b>Giving Grief Form: Supporting Children &amp; Families Through Grief</b> Fernside</p>	<p>A collection of art created by grieving children and teens at Fernside.</p>

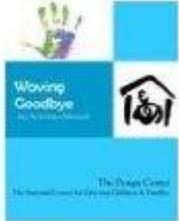
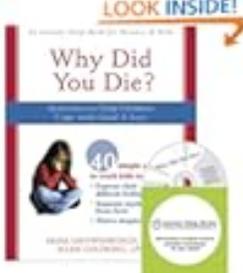
	<p><b>Healing Activities for Children in Grief</b> Gay McWhorter (Ages 5-18), 73 pgs.</p>	<p>This book is an activity book designed to help counselors in a group setting help children following a death. The book is divided into three sections: children's activities (ages 5-8), preteen activities (ages 9-12), and teen activities (ages 13-18). In each section counselors can choose from a variety of opening activities designed to promote discussion and main activities that involve a specific topic or theme.</p>
	<p><b>Kids Can Cope: An Activity Book from Children for Children Who Are Living With Change &amp; Loss</b> Emilio Parga (Ages 6-12), 68 pgs.</p>	<p>The Solace Tree is excited to announce the arrival of our latest book, Kids Can Cope. Kids Can Cope is an activity book from children for children who are living with change and loss. Written by Solace Tree Founder Emilio Parga, the book features more than 60 pages of text offering numerous opportunities for children to describe what is happening, write down their questions, draw pictures, identify sources of help and engage in other activities to help them cope. In addition, a four page glossary explains a long list of terms that may be puzzling to children</p>
	<p><b>Love Never Stops: A Memory Book for Children</b> Emilio Parga</p>	<p>A Memory Book for Children by Emilio Parga, M.A. Founder of The Solace Tree, a center for grieving children in Reno, NV. A caring memory book for children of all ages. Guided headings include pages for children to write or draw.</p>
	<p><b>Memory Garden: A Bereavement Card Game</b></p>	<p>This brightly colored and vividly illustrated card deck is a useful tool for professionals and caregivers to help anyone experiencing loss. Memory Garden works with the child to express their thoughts, feelings and to be able to work through the grieving process</p>
	<p><b>Remember... A Child Remembers</b> Enid Traisman (Ages 8-12), 16 pgs.</p>	<p>A Write in memory book for bereaved children ages 8-12. This is a unique tool for children who are greiving the loss of someone they love. There are pages for writing about the person's life and death, a goodbye letter, pages to draw the service and more. Keeps memories safely preserved.</p>
	<p><b>Sweet Memories</b> Elaine Stillwell (All Ages), 18 pgs.</p>	<p>This book offers crafty ideas for children and adults to help reconnect with a loved one who has died. It allows the opportunity to be creative, funny, thoughtful, loving, and sentimental. "Dusting off memories and rediscovering trinkets owned or given by the loved one offers an outlet for the children's emotions, while teaching them the value of remembering."</p>
	<p><b>The Healing Book</b> Ellen Sabin (Ages 9-12), 64 pgs.</p>	<p>The Healing Book is a children's grieving book. It serves as an interactive book, a journal, and a conversation-starter that sparks questions and conversations about the death of a loved one. It invites children to express their feelings, explore The Healing Book: Facing the Death, and Celebrating the Life.</p>

	<p><b>The Grief Bubble</b> Kerry DeBay (Ages 6-12), 60 pgs.</p>	<p>The Grief Bubble is a special workbook for children ages 6 and older who have experienced the death of someone special. The interactive format invites them to find expression for their thoughts and feelings, encouraging the exploration of their grief. A useful tool for parents, counselors, educators and other caring adults supporting children in grief.</p>
	<p><b>25 Things to Do: When Grandpa Passes Away, Mom &amp; Dad Get Divorced, or the Dog Dies</b> Laurie A. Kanyer</p>	<p>This book combines a description of the grieving process with directions for activities that help bereaved children. Kanyer explains the value of each activity so parents and caregivers can select appropriate projects based on the child's age, loss and stage in the grieving process. She also discusses how learning about grief prepares children for new relationships and to accept losses later in life.</p>
	<p><b>Waving Goodbye</b> The Dougy Center (All Ages)</p>	<p>Features more than 45 activities to use with children and teens in peer support groups. Or, for parents to use with their own children. These activities are categorized by topic and are designed to help children process their unique grief.</p>
	<p><b>When Someone Has a Very Serious Illness</b> Marge Heegard (Ages 9-12)</p>	<p>An excellent resource for helping children learn the basic concepts of illness and various age-appropriate ways of coping with it.</p>
	<p><b>When Something Terrible Happens</b> Marge Heegard (Ages 9-12)</p>	<p>This workbook creates ways for children to explore the fright, confusion, and insecurity caused by traumatic events in their lives.</p>
	<p><b>Why Did You Die?</b> Erika Leeuwenburgh (All Ages)</p>	<p>When a loved one dies, children are faced with a kaleidoscope of feelings, thoughts, and questions. Struggling with these issues can be overwhelming without guidance, support, and creative forms of expression. This bereavement book contains simple, effective activities to help children and parents communicate about death and the grieving process. Through these activities, children will learn how to grow and thrive after the loss of a loved one.</p>

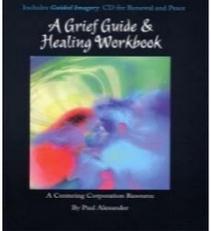
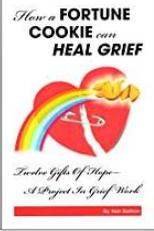
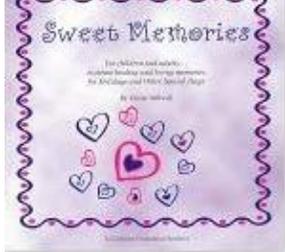
## Activities/Workbooks

<p>For Teens (Ages 13-18+)</p>		
	<p><b>Fire In My Heart, Ice In My Veins</b> Enid Samuel Traisman (Young Adult), 70 pgs.</p>	<p>Fire In My Heart, Ice In My Veins A Journal for Teenagers by Enid Traisman. Teens can write letters, copy down meaningful lyrics, write songs and poems, tell the person who died what they want them to know, finish business and use their creativity to work through the grieving process.</p>

	<p><b>Healing Activities for Children in Grief</b> Gay McWhorter (Ages 5-18), 73 pgs.</p>	<p>This book is an activity book designed to help counselors in a group setting help children following a death. The book is divided into three sections: children's activities (ages 5-8), preteen activities (ages 9-12), and teen activities (ages 13-18). In each section counselors can choose from a variety of opening activities designed to promote discussion and main activities that involve a specific topic or theme.</p>
	<p><b>I Will Never Forget You: A Teen Journal of Love &amp; Remembrance</b> Emilio Parga</p>	<p>A teen journal of love and remembrance by Emilio Parga, M.A. Founder of The Solace Tree, a center for grieving children in Reno, NV. A writing journal for teens grieving the death of someone they love</p>
	<p><b>Love Never Stops: A Memory Book for Children</b> Emilio Parga</p>	<p>A Memory Book for Children by Emilio Parga, M.A. Founder of The Solace Tree, a center for grieving children in Reno, NV. A caring memory book for children of all ages. Guided headings include pages for children to write or draw.</p>
	<p><b>Memory Garden: A Bereavement Card Game</b></p>	<p>This brightly colored and vividly illustrated card deck is a useful tool for professionals and caregivers to help anyone experiencing loss. Memory Garden works with the child to express their thoughts, feelings and to be able to work through the grieving process</p>
	<p><b>Out of the Shadows: A Journal for Teens Who Have Someone They Love Complete Suicide</b> Emilio Parga (Teens)</p>	<p>A teen journal of love and remembrance by Emilio Parga, M.A. Founder of The Solace Tree, a center for grieving children in Reno, NV. A writing journal for teens grieving the death of someone they love by suicide.</p>
	<p><b>Reactions</b> Allison Salloum (Teens), 40 pgs.</p>	<p>A workbook to help young people who are experiencing trauma and grief. Excellent workbook for children working through grief and loss after a violent crime to family member or self. May also be used for abuse.</p>
	<p><b>Sweet Memories</b> Elaine Stillwell (All Ages), 18 pgs.</p>	<p>This book offers crafty ideas for children and adults to help reconnect with a loved one who has died. It allows the opportunity to be creative, funny, thoughtful, loving, and sentimental. "Dusting off memories and rediscovering trinkets owned or given by the loved one offers an outlet for the children's emotions, while teaching them the value of remembering."</p>

	<p><b>Teen Grief Journal</b> NACG</p>	<p>An interactive journal for teens to express their grief experience. This journal includes supportive quotes on each page directly from other teens who are grieving.</p>
	<p><b>Waving Goodbye</b> The Dougy Center (All Ages)</p>	<p>Features more than 45 activities to use with children and teens in peer support groups. Or, for parents to use with their own children. These activities are categorized by topic and are designed to help children process their unique grief.</p>
	<p><b>Why Did You Die?</b> Erika Leeuwenburgh (All Ages)</p>	<p>When a loved one dies, children are faced with a kaleidoscope of feelings, thoughts, and questions. Struggling with these issues can be overwhelming without guidance, support, and creative forms of expression. This bereavement book contains simple, effective activities to help children and parents communicate about death and the grieving process. Through these activities, children will learn how to grow and thrive after the loss of a loved one.</p>

## Activities/Workbooks

<p>For Adults (Ages 18+)</p>		
	<p><b>A Fernside Idea Book: Group Activities for Grieving Children &amp; Adults</b></p>	<p>A guide for educators or facilitators working with children in a support group setting. Expressive art activities are divided by themes (such as, feelings, changes at home/changes at school, etc.) and list appropriate age, materials necessary, guidelines for the activity and follow-up ideas.</p>
	<p><b>A Grief Guide &amp; Healing Workbook</b> Centering Corporation (Adults)</p>	<p>This beautiful grief guide and healing workbook is designed to help us not only explore our lives facing loss, but also help us align to our own inner power for guidance and strength.</p>
	<p><b>How A Fortune Cookie Can Heal Grief</b> Nan Zastrow</p>	<p>Did you ever think that a fortune cookie could offer a profound message of comfort, happiness, and peace in a life stressed by grief? Nan uses the simple fortune cookie to weave a modern parable of life and teach the value of attitude and choice in grief work. The fortune cookie demonstrates the concept of HOPE.</p>
	<p><b>Sweet Memories</b> Elaine Stillwell (All Ages), 18 pgs.</p>	<p>This book offers crafty ideas for children and adults to help reconnect with a loved one who has died. It allows the opportunity to be creative, funny, thoughtful, loving, and sentimental. "Dusting off memories and rediscovering trinkets owned or given by the loved one offers an outlet for the children's emotions, while teaching them the value of remembering."</p>