

## Books for Carers

**[Grief in Children](#)**: A Handbook for Adults

### Books and Workbooks for Children for Grief

The heavy bag By Sarah Sugery

*The heavy bag follows a little girl called Enid who has just lost her Granddad. As Enid goes out for a walk with lots of different emotions whooshing around inside her head she feels the weight of the heavy bag that she is carrying. Along her journey, Enid comes across different kinds of people who encourage her to talk about how she is feeling. With each meeting she offloads an item from her bag that represents a stage of grief and talks about how she is feeling. Inevitably, as she takes each item from her bag, it feels lighter and she can walk along her journey easier.*

**[Muddles, Puddles and Sunshine](#)**: Your activity book to help when someone has died (EY)

**[The Memory Tree](#)** (EY)

**[Badgers Parting Gifts](#)** (EY)

**[Always and Forever](#)** (EY)

**[Grandad's Island](#)** (EY)

**[When Dinosaurs Die: A guide to Understanding Death](#)** (KS1)

**[Luna's Red Hat: A Storybook to Help Children Cope with Loss and Suicide](#)** (KS1)

**[The Invisible String](#)** (KS1)

**[The Invisible String Workbook](#)** (KS1)

**[Michael Rosen's Sad Book](#)** (KS1)

**[The Dragonfly Story](#)** (KS1)

**[Vicky Angel](#)** (KS2)

**[Bridge to Terabithia](#)** (KS2)

**[When Someone Has a Very Serious Illness](#)** (KS2)

**[When Someone Very Special Dies](#)** (KS2)

**[When Dinosaurs Die](#)** (KS1-KS2)

**[The Day the Sea Went Out and Never Came Back](#)** (EY-KS2)

**[The Huge Bag of Worries](#)** (EY -KS2)

**[The Fox and the Star](#)** (All ages)

**[The Invisible string / The invisible Leash](#)** (KS1/KS2)

### Websites, Charities and Helplines

**[Jigsaw](#)**: Helpline and information.

**[NSPCC](#)**: Helpline, information and activities for children

**[The Compassionate Friends](#)**: Helpline, supporting adults after the death of a child.

**[Grief Encounter](#)**: Information and helpline.

**[Marie Curie](#)**: Helpline for terminal illness.

**[Cruse Bereavement Care](#)**: Resources, information and helpline, supporting people who have been affected by the pandemic especially.

**[Winston's Wish](#)**: Information, books and resources for helping children with bereavement, including information and support on how to deal with current difficult issues, such as not being able to attend funerals.

**[Barnardo's](#)**: Child bereavement service

**[British Heart Foundation](#)**: Practical guide on what needs to be done when someone dies.

**[Lullaby Trust](#)**: Bereavement support after the passing of a baby or child

**[Young Minds](#)**: Wealth of information including downloadable guides and links to further help.

**[The Good Grief Trust](#)**: Bereavement support and information, as well as virtual support through a 'virtual café' via zoom.

**[Mind](#)**: Mental health support during coronavirus and bereavement support.

**[Give us a Shout](#)**: Text helpline.

**[Samaritans](#)**: General listening support. 116 123

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### Websites for Children and Young People

**[Childline](#)**: 'Calm zone' with activities and online games.

**[Kooth](#)**: Online counselling platform for children and young people

**[Hope Again](#)**: The youth website of Cruse Bereavement Care.

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### Websites with Downloadable Resources

**[Childhood Bereavement Network](#)**: Resources to support children during coronavirus

**[Rowens Hospice](#)**: Downloadable PDF 'Small Book of Big Conversations'

**[Lions Life Skills](#)**: Resource packs for ages 3 – 16, with a free downloadable sample pack.

**[Simon Says](#)**: General bereavement support, has a section with downloadable resources.

**[Balloons Charity](#)**: Downloadable PDF's with various information

**[Nurture UK](#)**: Free bereavement downloadable guide

**[Dying Matters](#)**: A whole section with downloadable leaflets and information.

"What survival looks like in primary school" and "What survival looks like for Me" by Inner World Work.