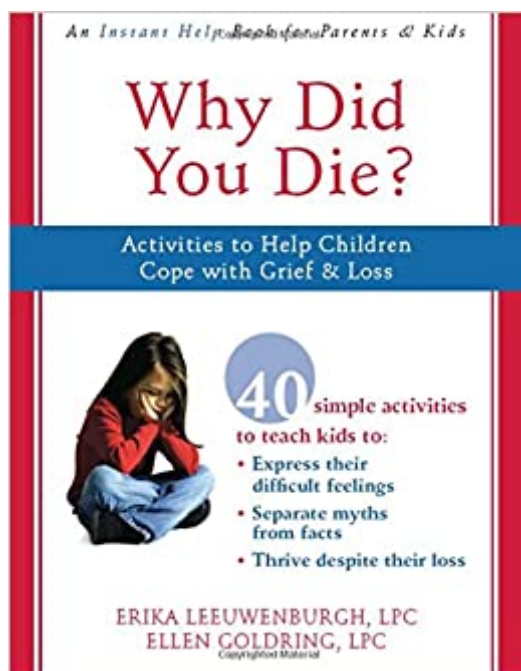


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# Why Did You Die?: Activities To Help Children Cope With Grief And Loss



## Synopsis

Thousands of children each year experience the death of a loved one before they reach the age of 18, and some 10 to 15 percent of them experience mental health problems, such as depression, as a result. One study found that childhood grief is correlated with low grades, sleep problems, moodiness, behavior problems, and an inability to concentrate. When a loved one dies, children are faced with a kaleidoscope of feelings, thoughts, myths, and questions. This workbook offers tools that you can use to help a grieving child in your life deal with these feelings. The first section of *Why Did You Die?* is for adults. It describes a child's grief process and what can be expected as it progresses. The latter section includes activities you can do with a grieving child. Using an art therapy approach, the activities guide the child through the issues he or she must eventually confront. Different activities help the child express difficult feelings, separate myths from facts, and understand the finality of death. This direct yet non-threatening, secular approach will help children learn, grow, and thrive.

## Book Information

Paperback: 136 pages

Publisher: Instant Help; Workbook edition (April 1, 2008)

Language: English

ISBN-10: 1572246049

ISBN-13: 978-1572246041

Product Dimensions: 7.9 x 0.4 x 9.9 inches

Shipping Weight: 10.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 10 customer reviews

Best Sellers Rank: #145,090 in Books (See Top 100 in Books) #169 in Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Death & Dying #196 in Books > Politics & Social Sciences > Sociology > Death #523 in Books > Children's Books > Growing Up & Facts of Life > Family Life > Parents

Age Range: 6 - 12 years

Grade Level: Kindergarten - 5

## Customer Reviews

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.

I recommend this book for all therapist and anyone interested in learning more about children with PTSD and sever mood disorders. It is so difficult to find books about children with PTSD, but this book had helped me look at the children I work with in a different way and had opened my eyes to look more deeply into some of their behaviors.

This book is awesome! I work with troubled teens who face many challenges. I purchased this book to help one of my clients deal with grief. I feel so compelled to this book because it's that interesting and simple. It explains grief at different stages in life.. Simple, fun, activities! You won't be disappointed!

I bought 4 books to give to a friend, this one was given. This one didn't outline appropriate ages for activities, but I wrote that in for her. It was well written, great ideas (some of the activities were redundant, but still good topics for discussion).

Very good product to help children cope with loss.

Excellent book in helping teachers, mentors, family members, or clergy help children who are AIDS orphans and who are war refugees learn to express their grief, anger, fears, shock, etc. in a safe manner.

Excellent book. Had a lot of information that can be used and also taught. I really like this book and thought it very useful

This book has been a blessing. It was shipped quickly and we were able to start working through the book right away. The lessons are very easy to upgrade or downgrade depending on your child's cognitive level, and the material has sparked some very insightful conversations from my child, which has allowed healing to start - after a year of grieving!Great book, highly recommend it. We used it for the loss of a pet who was more like a family member! But I will be holding onto this - or possibly ordering another one to keep on hand for future loss!!

Why Did You Die? is a very valuable counseling tool. Through simple, but fun exercises, children and parents can make the difficult journey of loss and grief together in a meaningful way that can bring them closer together and help them to discuss this important subject. As a counselor, I have recommend it to my clients, and they often find the workbook very helpful.

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