

SCOTTY'S BOOK LIST



Here at Scotty's we think it is important to recommend useful and relevant resources to those who are bereaved and those who may need some extra support. To this end we have created a booklist of books we regularly recommend to our families. Do feel free to download and share with anyone you think might benefit.

UNDERSTANDING DEATH AND BEREAVEMENT

EARLY YEARS & PRIMARY

Why do things die?

by Katie Daynes

A lift the flap book exploring the circle of life. Explores the emotions and facts around death, with questions such as Is it ok to talk about dying? What happens when someone dies? and how can I stop feeling sad?

I Miss You: A first look at death

by Pat Thomas

A good first information book to talk about death and bereavement. It covers what dead means and talks about funerals and customs (but not cremation). It talks about reasons people die and what some cultures believe.

When Dinosaurs Die: a guide to understanding death

by Laurie Krasny Brown and Marc Brown

A good information book with lots of examples to prompt discussions about understanding death. It explains that we can die at any age and explains different reasons people die (including war and suicide). Mentions cremation and lots of beliefs from other cultures plus what people believe happens after we die.

Let's Talk About When Someone Dies - starting conversations with children about death and bereavement

by Molly Potter and Sarah Jennings

Clear, easy to understand language to answer complex questions about death and how a child might feel when somebody dies.

Is Daddy Coming Back in a Minute?

by Elke and Alex Barber

This book explains (sudden) death to very young children in a way they can understand for their age and stage of development.

What Happened to Daddy's Body?

by Elke and Alex Barber

Sequel to 'Is Daddy Coming Back in a Minute'. Explains what happens after death. This book helps very young children understand cremation, burial, and spreading the ashes.



Always and Forever

by Alan Duranti

An illustrated storybook. A friend of Fox, Otter, Mole and Hare dies and everyone is really sad. They all find lovely ways to remember their friend and this helps them to come to terms with his death.

Badgers Parting Gifts

by Susan Varley

When old badger dies his friends think they will be sad forever but they remember him and manage to come to terms with his death.

BEREAVEMENT AND WELLBEING

9-13 YEARS

You Will Be Okay - Find Strength, Stay Hopeful and Get to Grips with Grief

by Julie Stokes

Readers will discover the stories of other people who have been through grief themselves. Packed with practical exercises, this guide will give readers helpful ways to manage their grief.

A Better Day: Your Positive Mental Health Handbook

by Dr. Alex George

A practical toolkit guiding young readers in how they can care for their mental health with confidence.

Mission Total Resilience: You're stronger than you think

by Ant Middleton

Ant's warm, straight-talking guide is packed with motivating tasks and challenges, mood-boosting physical activities, alongside inspiring personal stories. Learn to celebrate your strengths, set meaningful goals, turn tough times to your advantage . . . all while having fun!

Happy Confident Me Life Skills Journal

by Dr. Linda Papadopoulos and Nadim Saad

Developing children's self-esteem, optimism, resilience & mindfulness through 60 fun and engaging activities. Journal with activities and challenges including written and creative.

Tough Stuff Journal: Someone has died

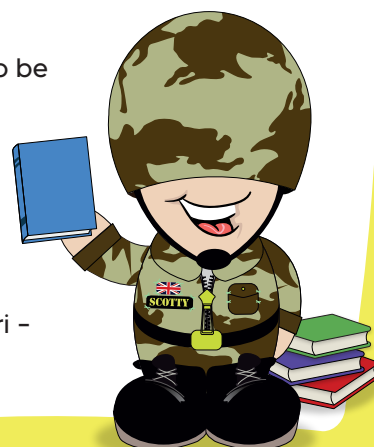
by Pete English / At a Loss

Encourages recording of feelings and reflecting on the death of a loved one. To be used alongside support from a trusted adult.

The Unhurry Book: A relaxing activity book for busy brains

by Lara Bryan, Alice James and Eddie Reynolds

- ▶ This write-in activity book is all about taking a little time to breathe, focus and be calm. Try a spot of yoga, colour in soothing squiggles or go on a sense safari - take a quiet moment, just for you.



BEREAVEMENT AND GRIEF

EARLY ADULTHOOD

Letters from the Grief Club: How we live with loss

by Beth French and Kate Moreton

Encompassing all types of loss, these stories show that there is no one way to grieve. They talk honestly about grief - the sad, the bad, and the surprisingly beautiful.

MEMORY AND ACTIVITY BOOKS

THESE BOOKS MAY HELP YOU TO TALK ABOUT AND REMEMBER THE PERSON WHO HAS DIED.

Muddles, Puddles and Sunshine (5-7 Years)

by Winstons Wish

Readers will discover the stories of other people who have been through grief themselves. Packed with practical exercises, this guide will give readers helpful ways to manage their grief.

Ollie the Octopus

by Dr. Karen Treisman

A therapeutic story for 5-10 year olds with activities based on loss and bereavement.

Out of the Blue (Teens)

by Julie Stokes and Paul Oxley (Winston's Wish)

Remembering

by Dianne Leutner / Childhood Bereavement UK

When Someone Very Special Dies

by Marge Heegaard

When Something Terrible Happens

by Marge Heegaard

Seeds Of Hope - Bereavement and Loss Activity Book

by Caroline Jay

Full of nature inspired creative activities, to help children learn about loss and death, the cycle of life and how to cope with and express feelings of sadness and grief.

Letting Go!

by Dr. Sharie Coombes

An activity book for young people who need support through their experiences of loss, change, disappointment and grief.

