

Storybook reading is a great way to connect with children after stressful events and help them understand their emotions

You might also be interested in these books:

The Way I Feel
by Janan Cain

Wemberly Worried
by Keven Henkes

Owl Babies
by Martin Waddell

Everybody Needs a Buddy
by Ellen Jackson

How is Daniel Feeling?
by Maggie Testa

A Perfectly Messed-Up Story
by Patrick McDonnell

Ruby Finds a Worry
by Tom Percival

The Rabbit Listened
by Cori Doerrfeld

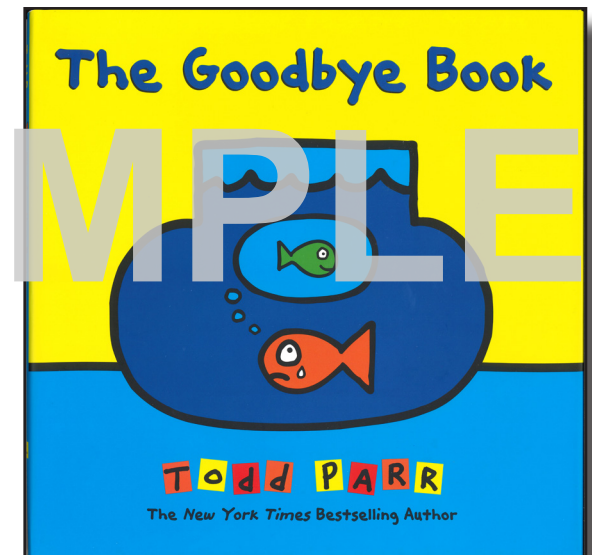
My Heart Fills with Happiness
by Monique Gray Smith



N THE LEARNING CHILD

Read for Resilience

University of Nebraska has identified books to support children's coping and understanding of their feelings after experiencing a disaster, loss and/or grief.



A storybook guide for
The Goodbye Book
by Todd Parr

Goodbyes are never easy. This colorful and unique storybook helps children think about the different emotions they may feel when saying goodbye to a loved one.

Online Resources:

<https://www.sesamestreet.org/toolkits/grief/>

<https://sesamestreetincommunities.org/topics/grief/>

<https://kidshealth.org/en/parents/death.html>

<https://childmind.org/guide/helping-children-cope-grief/>

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Recommended Questions

Before Reading

- Let's look at the front cover. What do you think this book may be about?
- The title of this book is *The Goodbye Book* by Todd Parr. This is a book about saying goodbye. Sometimes it is very hard to say goodbye to someone you love.
- When is a time you had to say goodbye to someone for a short time? *Suggestion: Saying goodbye to parents while at school, saying goodbye to a friend after a playdate.*
- When is a time you had to say goodbye to someone for a long time? *Suggestion: Saying goodbye to someone who has moved away, been deployed, is incarcerated, or someone who died.*

During Reading

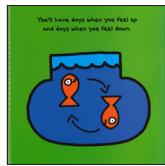


- What do you see on this page? How do you think the fish feel being together? *Suggestions: Two fish swimming, they are happy, they like each other.*

- How do you think the fish feels after the other fish left? *Suggestion: Flip back through the pages and talk about what the fish is or is not doing throughout the book. Point out their facial expressions.*



- It is ok to feel happy and sad at the same time. What are some things you can do when you feel sad? *Suggestions: Sing a song, move your body, give yourself a hug, talk to a friend or grown up you know.*



- Who is someone that will love you and hold you tight? What do they do to make you feel better when you feel sad?



After Reading

It is hard to say goodbye to someone. What are some things you can do when you miss someone? *Suggestion: Write a letter or draw a picture, talk to a friend, hug someone you know and love.*

Suggested Activities

Fishbowl of Emotions

- Draw a picture of a large fishbowl.
- Use small pieces of paper to draw several different fish to represent different emotions (sad, mad, confused, happy).
- Place each fish in the fishbowl one at a time. Have children draw or act out a time where they felt that particular emotion.
- As you are doing the activity, encourage children to talk about why they felt a certain emotion and how their bodies may feel when experiencing that emotion (*Example: Sometimes when we feel mad, it can make our bodies feel like a volcano that wants to explode*). Then have them share things to do when they feel that emotion.

Happy Memory Activity

- Encourage children to share a happy memory they have with a person they had to say goodbye to.
- Have children draw a picture of the memory. Encourage them to write about it. If they are too young to write, ask them to explain and write down their words for them.
- You can also have children cut out pictures from magazines. They can glue the images to a piece of paper and make a happy memory collage.

- Display the art where children can see it and be reminded of the happy memory. You can also send the art to the person they miss.

Ways to Support Children

These are some ways to support children who have experienced a loss:

- Be patient. Young children will be different in how they respond to and understand having to say goodbye to someone they love. Just like adults, children will grieve and adjust to the loss in different ways and with different timing.
- Follow the child's lead by inviting them to ask questions. If they have questions, respond to their questions with simple and direct language. Do not overwhelm them with too much information.
- If you do not know the answer to a child's questions, you can say, "No one knows for sure, but I believe..." or "You know, I wonder about that too?"
- Watch for signs of many feelings: fear, guilt, denial, anger, confusion, or loneliness. Children can experience a range of emotions after experiencing loss.
- Try to maintain a daily routine as much as possible. Maintain rules and expectations as long as these expectations and rules provide safety, reassurance, and support.

Contact Us

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<https://child.unl.edu/>