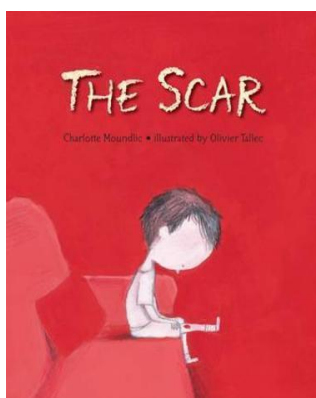


Top 10 Books for Children Aged 7 - 11

1. The Scar

By Charlotte Moundlic

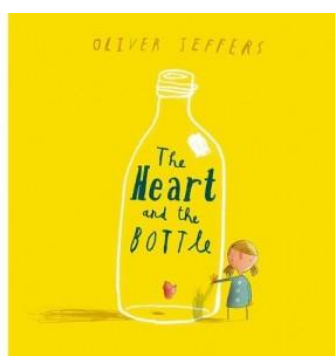


When the little boy in this story wakes up to find out that his mum has died, he thinks that he is going crazy as he is overwhelmed by anger, guilt, sadness and helplessness. However, his biggest fear is forgetting his mum. In an attempt to help him to remember his mum, he closes all of the windows to prevent her smell from escaping and he picks at a scab on his knee to help him to hear her soothing voice. With dad to worry about and Grandma's insistence upon opening all of the windows, the little boy cannot take anymore. With help from Grandma, the little boy is able to discover another way in which he can feel close to his mum. In a sensitive and honest manner, this book honours the feelings that a bereaved child may experience following

the death of a parent.

2. The Heart and the Bottle

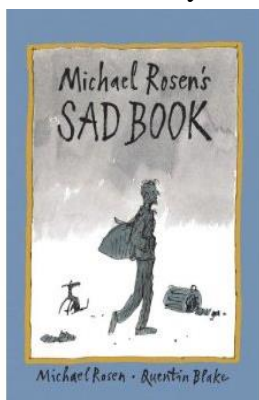
By Oliver Jeffers



For the little girl in this book, the world is a curious and marvellous place which she shares with a male character whose relationship with the little girl is not made explicit. Her excitement eventually turns into sadness and despair when the male character is no longer present and the little girl is left sitting on the floor gazing at his empty arm chair. In order to protect her heart from being hurt again, the little girl places it into a glass bottle and wears it around her neck. At least within the emptiness of the bottle she knows that her heart will be safe. As the story progresses, the little girl grows older and she no longer takes pleasure in marvelling about the curiosities of the world. All she can think about is how heavy the bottle is around her neck; it has become a burden. It is not until she is touched by the curiosities of a young child that she is able to free her heart from the bottle. With her help, she is able to restore her heart back to its rightful place and begin to enjoy life once more. This is a very moving story about the power of love, loss and the importance of hope.

3. Michael Rosen's Sad Book

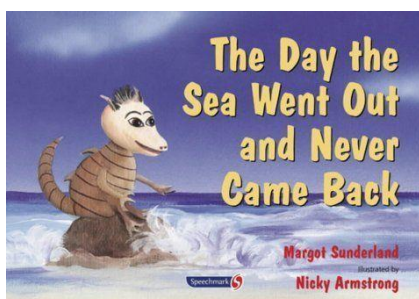
By Michael Rosen



This book is sad, angry, frustrated and sensitive much like a bereaved person. For Michael Rosen, the saddest thing that ever happened was when his son died from meningitis at the age of 19. This is a poignant and sincere book which demonstrates that, sometimes, sadness cannot be reasoned or avoided. Perhaps one of the most poignant parts of the text is the initial illustration of Michael Rosen "being sad but pretending to look happy". This is a deeply moving picture book which considers the effect that sadness can have as well as reassurance that it is okay to be sad sometimes.

4. The Day the Sea Went Out and Never Came Back

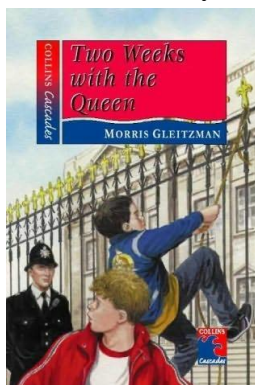
By Margot Sunderland



Eric is a sand dragon who adores the sea. He spends every day watching the tide go out and come back in. One day the sea goes out but never comes back. Eric waits for a long time but it never comes back. He falls on to the sand in sadness and pain – he feels as if he has lost everything. After many days of feeling like this, Eric finds a wild flower which is dying. He knows that he must save it so he finds water. Gradually more and more flowers appear so Eric decides to make a rock pool garden as a memorial. In doing so, he finds the courage to feel the pain of his loss rather than closing his heart as he realises that his memories of the precious sea are like a treasure that he can keep in his mind. Whilst the sea will never come back, Eric shall never forget it. This is a wonderful book which uses the metaphor of the sea to depict grief and establish hope.

5. Two Weeks With the Queen

By Morris Gleitzman



When twelve-year-old Colin finds out that his brother, Luke, has Leukaemia, he is determined to get the best possible help. Colin is sent from Australia to London to stay with his Uncle Bob, Aunt Iris and Cousin Alistair in London which leads to all sorts of escapades including an attempted visit to see the Queen. On his journey, Colin meets some exceptional people along the way including an older man named Ted whose partner is dying from AIDS. Through Ted, Colin is able to begin to express himself and come to terms with his grief. Whilst terrible fates are inevitable, this book offers much comfort and truth with a humorous touch.

6. The Thing With Finn

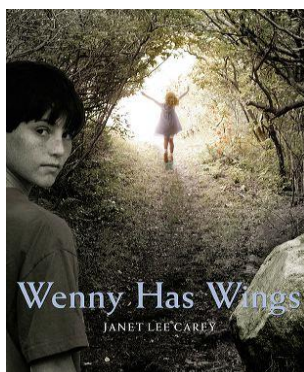
By Tom Kelly



It has been six weeks since Danny's twin brother, Finn, died. With the family home in turmoil and Danny as a constant reminder of Finn, he decides to run away. Life will never be the same again for him. Danny knows that he is going somewhere but he does not know where. However, wherever he goes it seems that he cannot outrun or avoid the memories that have hounded him since Finn died – even his own reflection is a constant reminder of him. This is a moving story about a bereaved boy who embarks upon a physical and emotional journey of self-discovery with some mild toilet humour along the way!

7. Wenny Has Wings

By Janet Lee Carey

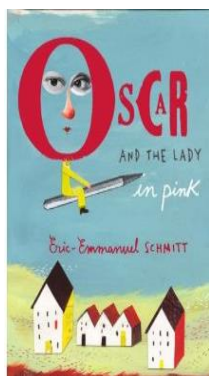


After the accident, life for Will changed forever. Will managed to survive with just a few injuries but his sister, Wenny, died. Something extraordinary happened to Will but he is too frightened to share it with anyone in fear of them thinking that he is mad. When the truck hit them, Will and Wenny found themselves flying in the most beautiful place. The only person Will can talk about it too is Wenny but she is no longer here. Through writing letters to Wenny, Will is able to tell his sister all about his near-death experience and explain how angry and sad that he is that she has left him. These letters tell Will's story and help him to grow stronger. As time moves on and his mother becomes pregnant with his next sibling, Will builds the courage to share his thoughts which, in turn, help his parents to understand him and bring the family closer

together. This book provides incredible insight into how profound and resilient children can be.

8. Oscar and the Lady in Pink

By Éric-Emmanuel Schmitt



10-year-old Oscar is ill in hospital with cancer. Whilst he knows that he is dying, nobody will tell him. The “ladies in pink” come to visit patients at the hospital; the eldest one is called Granny Rose. Granny Rose befriends Oscar and becomes a regular visitor. One day she suggests that Oscar should play a game over twelve days pretending that each day is a decade of his life. At the end of each day, Oscar has to write a letter to God telling him about his life. The ten letters that follow are humorous, insightful and poignant. This gives the book a wonderful undertone of living life to the full. Whilst this book is about writing letters to God, it does not seek to preach. This is an

enjoyable read.

9. Amelia's Star

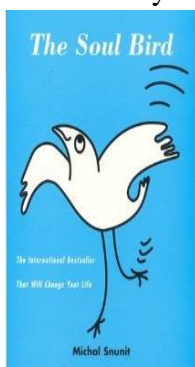
By Emma Mann



When Amelia's dad dies, she enters a dream world. Then one night the star that she has been staring since her dad's death invites her to go on a journey. She finds herself presented with a trail of doors leading up to one final mysterious door. On her journey, Amelia enters a fascinating world where she has the power to make life-changing decisions as she ventures towards the final door where an unexpected surprise awaits her. This is a magical fictional story which follows the decisions that a young person makes after the death of a parent.

10. The Soul Bird

By Michal Snunit



Within every person lives a "soul bird". The soul bird is responsible for opening and closing the drawers of our soul which contain all of our feelings. Only the soul bird has a key to these drawers. Sometimes, if we ask, we can open them but other times the soul bird may not let us. Maybe we do not listen to our soul bird often enough? This uplifting metaphorical book has been translated into twenty-five different languages. It provides a wonderful exploration of the idea of the soul and encourages us to listen to our hearts.

For more support and information please visit
www.griefencounter.org.uk