

# Grief and Loss Book List



## Younger Elementary



### [The Rough Patch by Brian Lies](#)

(Picture Book, E LIE, AR Level: 2.8)

Evan and his dog do everything together until one day when Evan's dog dies. Heartbroken, Evan destroys the garden they grew together, but beauty begins to grow in the darkest of places.



### [Eggs by Jerry Spinelli](#)

(Chapter Book, J F SPI, AR Level: 3.6)

Nine-year-old David recently lost his mother to a freak accident, and his father is constantly on the road. Thirteen-year-old Primrose lives with her childlike mother and never knew her father. The two forge a tight yet tumultuous friendship, eventually helping each other deal with what is missing in their lives.



### [The Goodbye Book by Todd Parr](#)

(Picture Book, E PAR, AR Level: NA)

*The Goodbye Book* is a story about saying goodbye told through the lens of a pet fish who has lost his companion. The story touches on the many emotions children can experience, and reminds readers that it's okay not to know all the answers.

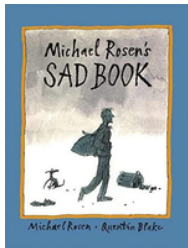
## Young Adult



### [Summer Bird Blue by Dawn Bowman](#)

(YA BOW, AR Level: 4.6)

When Rumi's sister Lea dies in a car accident, her mother sends her away to live with her aunt in Hawaii while she deals with her own grief. There, Rumi struggles to navigate the loss of her sister, being abandoned by her mother, and the absence of music in her life.



### [Michael Rosen's Sad Book by Michael Rosen](#)

(Picture Book, E ROS, AR Level: 2.3)

Sad things happen to everyone, and sometimes people feel sad for no reason at all. In this book, Michael Rosen writes about his sadness over his son's death, how it affects him, and some of the things he does to cope with it.



### [Things That Grow by Meredith Goldstein](#)

(YA GOL, AR Level: 5.0)

When Lori's grandmother dies, her world is turned upside down. While Lori is still trying to grieve, her mom gets a job out of town, and they must move right before Lori's senior year. Desperate to stay for as long as possible, Lori insists on honoring her grandmother's last request before she moves: scattering her ashes near things that grow.

## Middle Grades



### [Like Nothing Amazing Ever Happened by Emily Blejwas](#)

(Chapter Book, J F BLE, AR Level: 4.0)

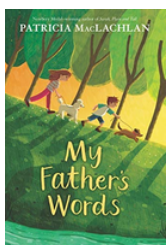
Justin doesn't know anything these days. He doesn't know why his mom suddenly loves church or how people can act like everything's fine when it's not. Most of all, he doesn't know what really happened the night his dad died, but life goes on, and as it does, Justin discovers that some things are just unknowable.



### [When People Die by Jane Lacey](#)

(Juvenile Nonfiction, j155.9 LAC, AR Level: 3.7)

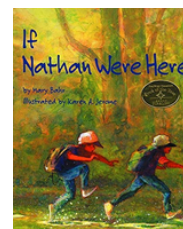
Whether it is a friend, family member, or acquaintance who has passed away, readers will learn about the best ways to handle death through the help of relatable stories and colorful illustrations.



### [My Father's Words by Patricia MacLachlan](#)

(Chapter Book, J F MAC, AR Level: 3.3)

When Fiona and Finn's father dies in a terrible accident, their lives are changed forever. To help cope with their grief, Fiona and Finn volunteer at an animal rescue shelter where they meet two dogs who are in need of comfort too. Perhaps with time, patience, and their father's gentle words in their hearts, hope will spark once more.



### [If Nathan Were Here by Mary Bahr Fritts](#)

(Juvenile Nonfiction, j155.93 FRI, AR Level: 3.3)

With the help of an understanding teacher, a kind neighbor, and an empathetic parent, a young boy finds ways to give expression to his questions and sorrow when his best friend dies.