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As sadness is not always acceptable in our culture and many people are uncomfortable witnessing the sadness of another, it can often be covered up by anger. Occasionally when I feel angry with...

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Sad Isn't Bad A Good-grief Guidebook for Kids Dealing With Loss (Book) : Mundy, Michaelene : Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss--that the world is still safe; life is good; and hurting hearts do mend. Written by a school counselor, this book helps comfort children facing of the worst and ...

Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss (Elf-Help Books for Kids) Paperback - September 1, 1998. by. Michaelene Mundy (Author) › Visit Amazon's Michaelene Mundy Page.

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It's Okay to Cry. When someone you care about dies, it's very sad. There will be tears, but tears can be good. Sad isn't bad. You might even notice yourself crying at things that didn't use to bother you—a shoe that won't tie, a toy that breaks, homework that seems too hard. Talk to someone you trust about these feelings.

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There are resources geared toward families, children, parents, twins and multiples, those who've experienced trauma, and more. Each one is recommended by professional grief counselors at Sad Isn't Bad. My Good Grief Journal for Kids. MY GOOD GRIEF JOURNAL FOR KIDS is an iPad app for grieving children.

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