



# **Finding Your Own Way to Grieve: A Creative Activity Workbook for Kids and Teens on the Autism Spectrum**

*Karla Helbert*

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## **Finding Your Own Way to Grieve: A Creative Activity Workbook for Kids and Teens on the Autism Spectrum** Karla Helbert

Children and teenagers with autism can struggle to cope with the loss of a loved one, and the complicated and painful emotions of bereavement. This book explains death in concrete terms that the child with autism will understand, explores feelings that the child may encounter as a part of bereavement, and offers creative and expressive activities that facilitate healing.

With illustrations throughout, this interactive book begins with a simple story about what happens when people die. Each chapter then expands on the issues that have been raised in the story and offers a variety of coping skills exercises including writing, art and craft, cooking, movement, relaxation, and remembrance activities. Encouraging children with autism to express their loss through discussion, personal reflection, and creative activity, the book is ideal for children and teens to work through by themselves, or with the support of a family member or professional.

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