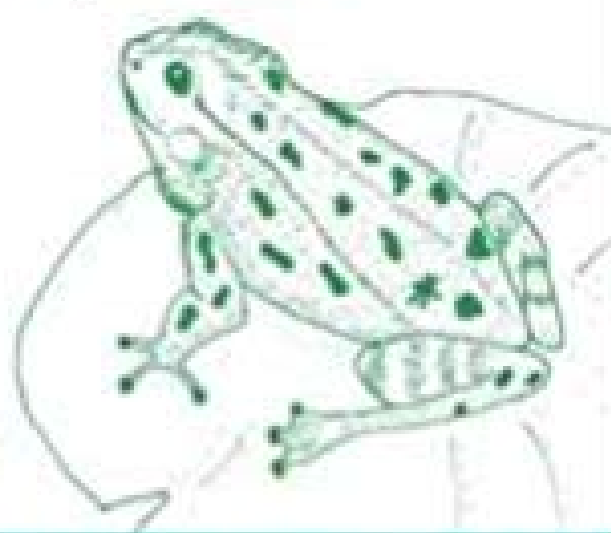


# Finding Your Own Way to Grieve

*A Creative Activity Workbook for Kids  
and Teens on the Autism Spectrum*



KARLA HELBERT

*Karla Helbert*

## Finding Your Own Way to Grieve



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Children and teenagers with autism can struggle to cope with the increased loss of a loved one, and the complicated and painful feelings of bereavement. Encouraging children with autism expressing their loss through discussion, personal reflection, and innovative activity, the publication is fantastic for children and teenagers to work through by themselves, or with the support of a family member or professional. Each chapter then expands on the problems that have been raised in the story and will be offering a variety of coping abilities exercises including writing, artwork and craft, cooking, movement, relaxation, and remembrance actions. With illustrations throughout, this interactive reserve begins with a straightforward story about what happens when people die. This book explains loss of life in concrete terms that the child with autism will understand, explores feelings that the kid may encounter as part of bereavement, and offers creative and expressive actions that facilitate healing.



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Knowing What to Do? We recently shed my mother in legislation, and she was an exceptionally great grandmother. She also was extremely near my children, one of which has autism. I received this book promptly and I still am very happy with this as a reference workbook. I know of several kids who give this book a thumbs up as well :) Thank you, Karla, for taking the time to create and share this publication about such a difficult topic. It's a process and this book is assisting me help my children. A wonderful resource for parents and counselors I am a kid and family members counselor and I love this book! Helbert defines loss of life and grieving in a manner that is simple and straight forward, culturally sensitive, and communicated with grace and warmth. That means too much to a mom. Finding Your Own Way to Grieve is normally geared at adults who mother or father or work with children and teens on the autism spectrum, but I've used the activities in this publication with children who aren't on the autism spectrum as well. Thank you. There are several activities to engage both of my children in how exactly to channel sadness, anger, and other emotions that come with death.



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