



Bobby's Books

Book: Tear Soup: a recipe for healing after loss

Possible Themes: grieving, coping, healing

Publisher, Publishing Date and ISBN Number: GriefWatch, 2001, 0-9615197-6-2

Author: Pat Schwiebert and Chuck DeKlyen

Illustrator: Taylor Bills

Recommended Age of Child: Ages 5-Adult

Description of Book:

Grandy had just suffered a big loss in her life, and so she is cooking up her own batch of “tear soup.” Her tear soup will help to bring her comfort and ultimately help to fill the void in her life that was created by her loss.

Quote from Book:

“Grandy winced when she took a sip of the broth. All she could taste was salt from her teardrops. It tasted bitter, but she knew this was where she had to start. And for now, it was the only thing on her menu.”

Lesson Plan Ideas:

Have at least five or six pots and pans of graduated sizes. Have children write slips of paper about their “losses” and have them put them in the appropriate size. Pull slips out of each pan and read the loss. Have children discuss it and be sure and discuss how each person will see the amount of loss on any one subject, differently than another person will.

Re-read book and look for the dog in each page. Talk about how things like a pet or stuffed animal or favorite music can be very comforting and consistent in your life.

Turn to pages 47-51 of the book and address some of the concerns on page 50: If a child is the cook.

Have a recipe book. Make a simple recipe such as no bake cookies. Talk about ingredients, cook books, cleaning up the mess and eating what is cooked.

Have children decorate and take home a small blank recipe book. The family can write their favorite recipes in the book for the child to keep.

Materials Needed: Blank books, writing and drawing materials, items, paper, glue to decorate books, pots and pans, ingredients and supplies for cooking