



PEACHTREE

# Educator's Guide

## A Shelter for Sadness

Written by Anne Booth  
Illustrated by David Litchfield



### ABOUT THE BOOK

*A Shelter for Sadness* provides a simple yet insightful way to explain the sadness we may all experience in our lives as a result of grief, trauma, loss, and other significant changes and challenges.

“Sadness has come to live with me and I am building it a shelter.” Important reminders for working through sadness and healing are illustrated, including acknowledging our feelings and giving our sadness the time, attention, and space that it needs.

Additionally, the story reminds us to continue to live, learn, and grow alongside of our sadness, as well as when we are distanced from it. *A Shelter for Sadness* also reiterates that we always know our sadness is there, and safe, in the shelter we built for it, and ultimately, no matter how close we are to our sadness or how far away it may be, we will work through everything together. We must listen to our sadness, make our peace with it, and live in harmony with it, remembering that however we feel is OK along the way!

### DISCUSSION QUESTIONS

1. Can you think of a time sadness has “come to live” with you?
2. How might someone know you are visiting with your sadness? What would they see? Do you cry sometimes? Do you like to have a special stuffed animal, picture, or other important item with you?
3. In thinking about a time when visiting with your sadness, what does sadness feel like in your body? Do your shoulders get tense? Do you feel sick to your stomach?
4. What do you think “a shelter for sadness” means? What are some of the important parts of a shelter for sadness?
5. What do you think it means to give your sadness space to do things like sit, run, or lie down? Where is a safe place you can go to do these kinds of things?
6. When your sadness needs a lot of attention, what kinds of things are helpful to do? Ask for hugs from trusted adults? Cozy up with your favorite blanket?
7. In the story, they talk about admiring a garden, drinking in the scent of beautiful flowers, and crunching around in the leaves. What types of positive activities have you done while visiting with your sadness?
8. We can experience many different things and create new memories while we are visiting our sadness. What kinds of memories have you shared with your sadness? Can you recall some happy memories?
9. Sometimes when we are visiting with our sadness, it can be difficult to leave, even though we feel like it is time to go. What can be important to remember when we leave our sadness?
10. Do you ever ask for help when your sadness needs a lot of attention? Can you name a few trusted adults you can talk to?

## CONCLUDING ACTIVITIES

- Draw a picture of what a shelter for your sadness would look like. Think about what it would include, what it would be made out of, and where it would be.
- Write down or draw a picture of all the things you and your sadness could do together.
- What advice would you give someone else about a shelter for their sadness?

## REMEMBER . . .

Our sadness will always be an important part of who we are. We will experience many things together. Some things may be a little tough, and some may be great! Our sadness may not always be as close to us or as easy to see, but it will always be a part of us in some way along our journey of life as “we discover how beautiful it is. Together.”

## About the Creators

**Anne Booth** has always wanted to be a children’s writer, but on the way to becoming one has worked in many jobs. Anne lives in Kent, England in a lovely village with her husband and four children—and the children’s grandfather across the road. They have two hens called Poppy and Anastasia and two dogs called Timmy and Ben. Anne loves tea and once won a Blue Peter badge for writing a poem about two mice in a bucket of rice. Despite this, she does not own any mice.

**David Litchfield** is an award-winning illustrator and author. David first started to draw when he was very young, creating Star Wars and Indiana Jones “mash-up” comics for his older brother and sister. Since then, David’s work has appeared in magazines, newspapers, and books and on T-shirts. He has also exhibited his illustrations in both solo and group shows in Europe and America. He lives in Bedford, England.

## About Discussion Guide Creator

**Nicole Wilbur**, MSW, LMSW Clinical and Macro, SSW, is co-owner of the Self Esteem Shop in Casco, Michigan, an independent bookstore supporting mental health professionals and those they serve. Nicole is also a school social worker and a social worker/discharge planner. Wilbur was named the 2017 Region M School Social Worker of the Year by the Michigan Association of School Social Workers (MASSW).

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