



Are You Sad, Little Bear?: A Book About Learning to Say Goodbye

By Rachel Rivett

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Are You Sad, Little Bear?: A Book About Learning to Say Goodbye By Rachel Rivett

Little Bear's friends help him understand what it means to say goodbye

Grandmother Bear has gone for ever, and Little Bear is feeling sad. His mother wisely suggests that perhaps asking his woodland companions what saying goodbye means to them will help him understand his loss. Little Bear's day of exploring and asking questions brings him comfort and hope. For the swallows, saying goodbye means flying to warmer lands; for the leaves of the trees it is a chance to be free, leaving the tree at her most beautiful; for the moon it is to return to be with the Sun; and for the Sun it is to rise in another sky; and just because Little Bear can't see grandmother doesn't mean she isn't there. This charmingly illustrated book will help young children in times of bereavement, loss, or change, gently exploring the reasons for saying goodbye and giving reassurance that goodbye doesn't mean the end of things.

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Editorial Review

About the Author

Rachel Rivett is the author of *Little Grey and the Great Mystery*. **Tina Macnaughton** is the author of *My First Valentine's Day Book*.

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