

10 WAYS TO REMEMBER PEOPLE ON SPECIAL DAYS

Maybe their birthday or the anniversary of their death.

Take a special card to their grave – or to where their ashes were buried or scattered

Tie a card or a special message to a helium balloon and let it soar into the sky

Blow some bubbles and imagine they can carry a message to them

Plant some bulbs or a shrub in a place that holds special memories of the person who has died – what was their favourite colour?

Have their favourite meal – Pizza? Roast dinner? Curry?

Listen to their favourite music

Put something in a memory box or other special place in which to keep things that remind you of the person – photos, shells etc.

Create a digital memory board of special photos or post a photo of them on social media

Ask other people for their memories of the person who died and begin to compile their 'life story'

Write them a letter or a poem or a song. Maybe you could start with something like 'If you came back for just 5 minutes, I'd tell you...'

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