

Ways to remember someone special who has died

When someone important in our life dies, we sometimes worry we will forget things about them. A memory box is a great way to cherish the special memories so we never forget them.

Think about some things the person used to enjoy. Can you enjoy some of the same things?

- Light a candle in their memory. You can buy a special candle if you do not already have one. You may want to light it together as a family.
- Visit their grave or where their ashes have been buried or scattered. Some people choose to take flowers or small gifts, but you may need to check this is ok.
- Some people find it useful to talk out loud to the person who has died.
- Decorate some cakes or chocolates and share them with family and friends. Ask each person who receives a treat to share a memory about the person.
- Listen to the music they enjoyed.
- Add to an existing memory box or you may want to create one (details of how to create a memory box can also be found on our website).
- Plant a flower, shrub, some bulbs, or a tree in your garden to celebrate their life.
- What was their favourite food? Perhaps you could eat their favourite meal together as a family in their honour.
- Write a letter or message and tell them about all the things that have happened to you.
- Keep a journal or scrapbook of memories, when you remember something, write it down or draw it, now you will never forget it.
- Create a photo album of precious memories.
- You may also wish to have a playlist of songs that make you feel better when you are sad.
- Create a memorial website.
- Organise a party, meal or small event to remember the person.
- Have a teddy bear or cushion made from some of the persons clothing.
- Make a memorial t-shirt.
- Buy or keep a bottle of their favourite aftershave/perfume and spray it when you want to be reminded of them.
- Make a bracelet out of different coloured wool or bracelet string, choose different colours for different memories.
- Make a memory jar using salt and chalk, different colours for different memories (You can find details of how to do this on our website).
- Decorate a mug or plate.

Hopefully this list will give you some ideas, but there may be things you can think of that we haven't. Enjoy your special memories.



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