

♥ Help to make, & then eat their **favourite meal**

♥ Take a **Card** or **poem** to their grave or where their ashes were scattered

♥ Listen to **music** they liked or Watch their **favourite film**

♥ Create a **Memory box** to keep things that remind you of your loved one

♥ plant some **seeds** & grow **flowers** somewhere that has special **Memories**

♥ **Christmas** can be a really difficult time,
 • Make a **bubble** with **Sharpies**
 • Hang it on your **tree** every year
 • think about the special times you shared

♥ Write them a **letter** & tell them the things you would like to share with them

♥ **Blow bubbles...** Sending some love & a thought with each bubble

♥ **Talk to** friends & family about the person & **Make a Scrapbook** of all your favourite Memories & Times together

♥ Do an **activity** that they enjoyed. It could be
 • walking on the beach
 • swimming
 • playing football
 • gardening
 • getting Ice Cream
 • going for a bike ride

COPING ON DIFFICULT DAYS

Ways to remember your loved one on special days...
 ♥ BIRTHDAYS
 ♥ ANNIVERSARIES
 ♥ CHRISTMAS

♥ **Paint a Pebble** to remind you of your loved one. Keep it in your pocket or by your bed

♥ **Decorate** a photo frame of your loved one

