

20 Ways to Honor Your Loved One on Special Days

Memory Stones

Find a stone. Paint or decorate any way you want to honor the person that died.

Balloon Release

Fill a balloon up with helium. Go to the cemetery or open field. With a Sharpie, have each family member write a message to the person that died, and release the balloon into the sky. You can have balloon for each family member or share one balloon.

Favorite Food Night

Cook your person's favorite types of food.

Scrapbook

Create a family or individual scrapbook of pictures with your person. Let the child or teen pick out pictures of the person that died and help create the scrapbook with them.

Overhaul a Space

Whether it's the garden, a wall in the house, or a room, come together as a family and create a space together.

Memory Collector

This is a good activity if you have a young child and they don't have many memories of the person that died. Create a list of questions of their person's favorites (i.e. favorite colors, sports team, food) and answer them as a family. Recall memories and write them in a journal. They can be shared memories and individual memories. It can be added to throughout the years. Leave it in a space where the child can refer to it whenever they are thinking about their person.

Road Trip or Family Vacation

Visit their person's favorite spot or discover a new one. This can be done as a day trip to a nearby location or a family vacation.

Do an Activity Together

Find an activity that is age appropriate for your child and do the activity together. (Examples: coloring, board games, drawing, arts and crafts, creating a playlist, putting on a talent show, etc.)

Allow Yourself and Child a Day Off

"Grief Days" can be helpful. While children benefit from routine, allowing them a day off, especially around anniversaries, can be beneficial. Check-in and see that they want to do.

Watch Favorite Movies or Listen to Favorite Songs

Remembering the person that died "likes" can be a useful way to bond and remember them without the pressure of talking. Download, rent, or buy your person's favorite movie or song and watch/listen to it with your loved ones.

Look at Photographs or Important Memorabilia	Look at photographs of the person that died at different ages in their life. Share favorite photos. Talk about the memory connected to photos and special items.
Visit Cemetery or Special Place	Ask members of your family if they would like to visit the cemetery or special place of the person that died and go as a family. You can go for a quick visit or pack a picnic to stay for the afternoon. Ask your family what they want to do there.
Make Ornaments	If you celebrate holidays, make an ornament in memory of the person that died. You can use favorite colors or items to help create the ornament. Hang it on your tree or somewhere special in your home.
Light a Candle	This is a simple and meaningful way to remember the person that died. Light one candle or have each family member light a candle for the person. This can be done during anniversaries, birthdays, or any day they are thinking about their person.
Create a Luminary	This can be as creative or as simple as you like. It is a meaningful activity that can allow them to remember the person who died. Luminaries can be made out of any household items (i.e. paper bags, mason jars, etc). Write messages or memories of the person. You can even add pictures.
Have a Quilt Made	Find different items and belongings of the person that died and have a patch quilt made. This can be done using pieces of clothing, pillows, blankets, or pictures. Not only will it be made of special items of their person, but also a tangible item that can provide comfort.
Family Time Capsule	As a family, make a time capsule. Have each family member write a letter to themselves and about their grief. Bury it in a special location for one year. Uncover the time capsule as a family and read the letters. Continue this as long as the family likes.
Create a Memory Box	This can be done with any type of box (craft box, old shoebox, jewelry box). Decorate the box in memory of the person who died. Use markers, stickers, pictures, and different items that remind you of your person. Fill the box with special items and keepsakes of your person.
Ask Family and Friends to Talk About Memories	Communicating about the person who died can be a powerful way remembering the person and creating bonds between others who are grieving.
Give Time to a Local Charity	A way to remember your person that died is giving back to the community. It is a positive way to bond with your family and feel good.

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