

# 10 WAYS YOU CAN MARK ANNIVERSARIES, BIRTHDAYS AND SPECIAL DAYS

**1** Set aside a special place on that day in which to remember the person who died. You could light a candle, put up a photograph or place items that remind you of things you may have done with them in previous years. Family members can spend time alone or together in this place, taking a few moments to remember.

**2** Make or write a card. You could take this to the grave or to where their ashes are scattered, or just keep it in your home – children can choose where it feels right to put it.

**3** Ask family members or friends to write special messages or note down some memories and send them to you. You could keep them in a book or a box or you could stick them to a mirror or the wall.

**4** Listen to their favourite music or watch one of their favourite films.

**5** Begin to make (or add to) a memory box in which to keep things that remind you of the person e.g. photos, shells, tickets, aftershave, lipstick...

**6** Create a digital memory board of special photos or post a photo of them on social media. Ask other people for their photos of the person who died and begin to compile their 'life story' in pictures. If appropriate, you could include memories from the day you are remembering.

**7** Cook their favourite meal or cake, or order their favourite takeaway.

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

**9** Spend time with others who would also like to remember the person on that day; this can be physically together, but it can also be through video calls, where you can all see each other and have time to talk and support one another.

**10** Treat yourself to something that has a connection to the person who died and reminds you of them.