

# 10 WAYS TO REMEMBER PEOPLE AT CHRISTMAS

**1** Set aside a special place for memories of the person who has died. You could light a candle or take time out to think about this person.

**2** Make special Christmas decorations for them and place them on the tree.

**3** Take a special Christmas card to their grave – or to where their ashes were buried or scattered.

**4** Ask family members to write special messages and tie these to a tree in the garden or the park to be blown gently into the sky or stick them to a wall or mirror.

**5** Listen to their favourite Christmas song.

**6** Begin to make a memory box in which to keep things that remind you of the person – photos, shells etc.

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

**8** Ask other people for their memories of the person who died and begin to compile their 'life story'. You could include Christmas memories, for example 'what was the best or worst Christmas present they gave you?'

**9** Share with each other your ideas on what present you would buy this person if only you could.

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