

10 WAYS TO REMEMBER YOUR FATHER ON FATHER'S DAY

Take a special card to his grave – or to where his ashes were buried or scattered

Tie your Father's Day card or a special message to a helium balloon and let it soar into the sky

Blow some bubbles and imagine they can carry a message to them

Plant some bulbs or a shrub in a place that holds special memories of your Dad – what was his favourite colour?

Have his favourite meal – Pizza? Roast dinner? Curry?

Listen to his favourite music – (however awful his taste was!)

Put something in a memory box or other special place in which to keep things that remind you of him – photos, shells etc.

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

Ask your Nan or Grandad for their memories of Dad as a little boy, and/or your Mum for her memories of when she and Dad met

Write him a letter or a poem or a song. Maybe you could start with something like 'If you came back for just 5 minutes, I'd tell you....'

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