**Memorial Ideas**

*Families often adapt past traditions or establish new rituals to provide a memorial to their loved one who has died. It is important to empower children by including them in the discussion of why the memorial is occurring and identify their role within the memorial. Memorial rituals may occur once, during holidays, birthdays, and anniversaries, or on an ongoing basis. This helps the family process the person has died and provides a continued connection with them moving forward.*

**Below are a few ideas to help you create meaningful ways to honor and remember your loved one:**

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| Draw pictures |
| Tend to their grave |
| Listen to music they enjoyed; create a playlist |
| Raise a toast at special events in their honor |
| Save a seat for them at events and gatherings |
| Create a memory board or scrapbook |
| Light a candle or hold a candle lighting ceremony |
| Plan a meal of their favorite foods |
| Write a poem, song, or prayer |
| Plant a memory tree or garden |
| Create a rock garden or build a cairn |
| Wear their jewelry or clothes |
| Carry a reminder of your loved one in your pocket |
| Create a piece of jewelry |
| Get a tattoo as a tribute |
| Gather friends and family to share poems, songs, or words about your loved one |
| Write their biography |
| Create a piece of art |
| Hold a fundraiser or charity event |
| Discuss with family what you miss the most and what your loved one taught you |
| Make a donation in their honor |
| Create a scholarship |
| Volunteer for their favorite cause or at an organization in their honor |
| Create a memorial video or slideshow |
| Scatter ashes at home or bury ashes in the yard |
| Decorate a memory tree in your yard |
| Gather virtually to share with loved ones |
| Create a memorial website or social media tribute |
| Write a message or letter to your loved one |
| Record your travel together on a globe or map |
| Create a memorial bench in your community or yard |
| Create a custom car decal to represent your loved one |
| Create a memorial shelf with books and mementoes |
| Make a quilt, pillow, or stuffed animal with their clothing |
| Frame a cherished possession |
| Create a remembrance plaque or brick to be placed at home or an important location |
| Make a holiday ornament |
| Work on their bucket list |